



Safer Eating Policy

At Curious Explorers, it is important we are able to provide safe eating environments for our children, which means providing the right types and textures of food, having safe eating set ups and supervision, and taking proactive steps towards safeguarding mealtimes.

This policy outlines how we aim to do this.

- Before a child starts, we obtain information from the parents about any special dietary requirements, allergies or intolerances. This information is shared with all staff members involved with that child.
- We have ongoing discussions and care plans are reviewed regularly so information about allergies/intolerances are kept up to date. (Please also see food and drink policy)
- At the child's initial visit staff obtain information about the stage their child is at in regard to introducing solid food, including textures. We will not make assumptions based on the child's age. We have ongoing discussions with parents about introducing new textures to their child.
- We ensure that foods are prepared in a suitable way for each child's developmental needs and foods are prepared in a way to prevent choking.
- We ensure that babies and young children are seated safely in a highchair or appropriately sized low chair.
- We ensure to check children have completely finished eating before they leave the table or we take them out of their chair. We teach older children to not leave the table until they have finish what is in their mouth to prevent choking.
- Children are always within sight and hearing of a member of staff whilst eating and staff sit facing children whilst they eat to be alert of silent choking and prevent food sharing and be aware of any unexpected allergic reactions.
- At mealtimes, there is always a minimum of 2 members of staff who has a valid pediatric first aid certificate.
- Whenever a child experiences an actual or potential choking incident, we ensure this is recorded and parents are made aware. Furthermore, we would review how the child choked, what the outcome was and also put in measures to make sure it does not happen again.

For further information and advice

[Weaning - Start for Life - NHS](#)

[Help for early years providers : Food safety](#)