

Mealtime Supervision Policy

Rationale:

The safety and well-being of children during mealtimes is paramount. Proper supervision reduces the risk of choking, encourages positive social interactions, and ensures that children develop healthy eating habits. This policy aligns with the revised **Early Years Foundation Stage (EYFS) September 2025** requirements.

Policy Statement:

1. Staff Supervision:

- Children must be **always supervised during meals**.
- Staff should **position themselves facing the children** to monitor them closely.
- Staff should actively engage with children, observing for signs of difficulty, such as coughing, gagging, or distress.

2. Choking Prevention:

- Children must remain seated while eating.
- Staff must ensure that food is **age-appropriate**, cut into manageable sizes, and encourage slow, careful eating.
- Staff should be trained in **first aid and choking response procedures** and ready to act in an emergency.

3. Lunch Breaks for Staff:

- Staff lunch breaks must be scheduled **after all children have finished their meals and are safely supervised** or settled.
- No staff member should leave mealtimes unattended, even briefly, unless properly replaced by another trained staff member.

4. Compliance with EYFS 2025:

- This policy supports **EYFS requirements for safeguarding, health, and well-being**, ensuring a safe mealtime environment.
- Records of mealtime supervision and any incidents must be maintained according to EYFS standards.

Responsibilities:

- **Room Leaders/Managers:** Ensure adequate staff-to-child ratios and supervise adherence to this policy.
- **All Staff:** Follow supervision procedures, implement choking prevention measures, and report any incidents promptly.

Review:

This policy will be reviewed **annually or whenever there are changes to EYFS regulations** or internal procedures affecting mealtime safety.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>September 2025</i>	Anjana Shah	<i>September 2026</i>