



Brought to you by Allergy Force — the food allergy app

Empower Your Child With RESTAURANT NAVIGATION SKILLS

*(✓) denotes early start

Teaching SKILLS TO DINE OUT SAFELY: Verbalize, Model, Explain, Role Play, Practice & Practice	0-12 months	Toddler to Preschool	Elementary School	Middle School	High School
Model 'the server conversation' every time you dine out until hand off. Normalize it. Encourage them to lead as they feel ready. Do not takeover if they make a mistake. Help them thru.		✓	✓	✓	✓
Carry a wallet card (aka chef card) Can be an app , a paper printout, a physical card . Model sharing with the server during 'the conversation.' Do sooner rather than later.		(✓)	✓	✓	✓
Have your child make a 'thank you' picture or note for the restaurant staff when you have a good experience. Help them deliver it. Great habit to start early, encourage & continue.		✓	✓	✓	✓
Encourage playing 'Restaurant' as imaginary play. Play with them and make 'the conversation' part of their playtime.		✓	✓		
Teach your child about potentially high-risk cuisines for their allergy profile (e.g., Indian {legumes, dairy}; Chinese {egg, peanut, tree nuts}; Japanese {shellfish, fish}) Learn how to make allergy-friendly renditions at home to introduce & try.		(✓)	✓	✓	✓
Involve your child in choosing restaurants. Show them how to research online menus and help them identify potentially safe meal options. Initially you drive skill; then they drive skill.			✓	✓	✓
Have them listen to your advance calls to restaurants. Develop a script together, discuss who to ask for when calling, practice the script, role play the call. Let them call when they feel ready.			(✓)	✓	✓
Model navigating different, awkward restaurant scenarios. Explain them, role play them, then practice real-time & gradually hand off: <ul style="list-style-type: none"> Asking the kitchen to let you read a food label on packaging; Visually inspecting their meal when delivered to the table; Flagging down a busy server; Refusing a meal if something looks amiss; Requesting the meal to be re-made {vs. just re-plated}; Walking out of a restaurant after being seated, with grace. 			(✓)	✓	✓
Help them plan strategies & role play/practice them in advance to prepare for restaurant outings with friends/teammates, like: <ul style="list-style-type: none"> Calling ahead; Eating before and just ordering something to drink; Carrying-in their own food if the restaurant allows; Ordering something basic like a simple salad, no dressing; Planning ahead to eat a full meal after returning home; Going at off-peak hours vs. peak hours; Opting-out of a restaurant outing if they feel unsafe. 			✓	✓	✓
Create a list (together) of 'safe' hometown restaurants they can suggest to friend groups on the fly as safe/trusted alternatives.			(✓)	✓	✓

EMPOWERING KIDS WITH FOOD ALLERGIES FOR THE FUTURE

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Empower Your Child With RESTAURANT NAVIGATION SKILLS

When you manage food allergies, choosing a restaurant is not a spur of the moment thing. The decision factors in whether your child can find something safe to eat there, something they might like, something that will not make them sick. Choosing to dine out is a carefully considered process that requires planning, trust and not a small amount of courage. Nurturing [development](#) of restaurant navigation skills in your child requires you to give them real-time practice opportunities under your supervision. The more they have the opportunity to apply their knowledge of their diagnosis plus their self-advocacy skills to communicate their needs in different restaurant situations, the better prepared they'll be to self-manage when they leave home.

When we get it right, we empower our children with food allergies with the habits, knowledge, and know-how they need to stay safe. We give them the ability to tap into all of it at the right time, in the right way, when it really matters, loving them by letting go. For important, additional context don't miss Allergy Force's series of [articles](#) on empowering kids with food allergies."



—the food allergy app

The Allergy Force app has everyday features you will use all the time and emergency features that could save your life if you make a mistake. All on your phone. All within reach when you need them most. It's peace of mind in your pocket.

Download for *FREE* for [iPhone](#) and [Android](#)

EMPOWERING KIDS WITH FOOD ALLERGIES FOR THE FUTURE

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