



Brought to you by Allergy Force — the food allergy app

Empower Your Child With FAMILY RULES

Examples of FAMILY RULES {Operating Principles}	0-12 months	Toddler to Preschool	Elementary School	Middle School	High School
We do not bring/allow allergens {some/all} in any form into our home.	✓	✓	✓	✓	✓
We always carry (2) unexpired autoinjectors, additional medications, and our Emergency Action Plan in our medication bag.	✓	✓	✓	✓	✓
Our medication bag always stays on/in {name a location} when we are at home.	✓	✓	✓	✓	✓
We always do a 'bag check' before we leave home and the medication bag goes where we go all the time. If we ever forget it, we return home to get it asap, even if it makes us late.	✓	✓	✓	✓	✓
We always wash hands before and after eating, and if we cannot wash them, we use wipes.	✓	✓	✓	✓	✓
Immediate family, extended family, friends, and caretakers must always wash hands with soap & water before touching the baby.	✓				
Only mom or dad or {insert names} can feed the baby, and only food we have prepared ourselves.	✓				
Immediate family, extended family, friends, and caretakers must always brush teeth before kissing/snuggling with the baby.	✓				
We only eat the food we bring in our snack pack.		✓	✓		
Always ask mom or dad or {fill in the blank} before you eat something someone gives you: "Is this safe for me?"		✓	✓		
Whenever you feel funny {off} after you eat something, tell someone right away.		✓	✓	✓	✓
We read food labels on every packaged food item we bring into our home, even if we have purchased it before.	✓	✓	✓	✓	✓
We read every food label 3 times: once at the store once when putting groceries away a final time before eating a food item.	✓	✓	✓	✓	✓
If a packaged food does not have a label, we do not eat it.	✓	✓	✓	✓	✓
We read ingredients labels on all personal care products for allergens before we buy them.	✓	✓	✓	✓	✓
I always wear my allergy ID bracelet/necklace.		✓	✓	✓	✓

EMPOWERING KIDS WITH FOOD ALLERGIES FOR THE FUTURE

This resource sheet does not provide medical advice. For medical advice consult your provider.
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Empower Your Child With FAMILY RULES

Regardless of how you think about them — whether ‘rules’ or ‘values’ or ‘operating principles’ — family ‘rules’ that everyone in your household lives by can be helpful for staying safe with food allergies. Think of your family rules as dynamic — expanding, contracting, and evolving as your allergic living needs change. Initially, rules may serve as operating principles for just the adults in your household. But, as your child develops, spending increasing amounts of time away from you, family rules will serve as speed and heading checks for them, too.

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](#)