



—the food allergy app that puts peace of mind in your pocket

A fundamental part of safe allergic living is the ability to explain your food allergies — clearly, precisely. Again. And again. This includes communicating what their food allergies are, what needs to be done to avoid exposure to their allergens, and how to recognize and manage a reaction.

Your child's temperament and personality traits all come into play here and will influence how they behave and interact with other people. Understanding your child's [temperament](#) can help you adapt your food allergy parenting approach so you meet your child where they are. You want your approach to build on their strengths while setting appropriate {child centered} expectations for them to grow into their food allergy responsibilities.

Approaches to help you:

Empower Your Child With



Self-Advocacy Fundamentals

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.

*(✓) denotes early start



Brought to you by the Allergy Force food allergy app — we put peace of mind in your pocket

Empowering Your Child: Self-Advocacy Fundamentals

Teaching SELF-ADVOCACY Fundamentals: <i>Verbalize, Model, Explain, Role Play, Practice & Practice</i>	0-12 months	Toddler to Preschool	Elementary School	Middle School	High School
Keep updating your Family Rules. Include your child in the process. Listen. Agree as a family to discard outgrown rules and get your child's input on new rules to add, if needed.		(✓)	✓	✓	✓
Intentionally <i>pause</i> to talk about events involving food. Explore what would make your child comfortable. Do <i>before</i> events. Ask questions to draw out concerns & reservations. Actively listen without imposing your biases on their thinking. Do not assume.			✓	✓	✓
Develop stay-safe strategies for social situations involving food and practice them <u>together</u> . Discuss food options before events & help your child choose a comfortable strategy. Enable it (e.g., by providing safe treats, feeding them beforehand.) Focus on 'fun with friends.' De-emphasize 'fun = food'.			✓	✓	✓
Role play scenarios, like: saying "No thank you!" when offered food & explaining their allergies to a friend or a babysitter. Help them find the words to use. Help them practice		✓	✓	✓	✓
Have them write a script to explain their allergies to strangers who might prepare or organize food for them. Role play using the script. Give them the opportunity to call a restaurant in advance, talk to a team mom, or tell a coach using the script.				✓	✓
Have them demo & teach others how & when to use their autoinjector: siblings, close friends (with parental permission), caretakers, extended family, bunkmates, coaches, roommates.			✓	✓	✓
Beyond having them keep the record of their allergic reactions, have them lead the allergist briefing on their reactions since the last appointment, supporting them as needed				✓	✓
Have them explain their food allergies to the nurse when dropping off their medications when school begins.			✓	✓	
Invite them to teacher mtgs. on FA policies for their classroom.			✓	✓	
Include them in 504 planning meetings with school admins.			(✓)	✓	✓
Volunteer together to raise community awareness of food allergies, at school, in your community, with FARE/FAACT		(✓)	✓	✓	✓
Give them a wallet card that lists all their food allergies.			✓	✓	✓
Have them drive the college food allergy research, set up the meetings with the disability offices and dining & housing services for their campus visits, and let them lead those mtgs.					✓

EMPOWER YOUR FOOD ALLERGIC CHILD FOR THEIR FUTURE

This resource sheet does not provide medical advice. For medical advice consult your provider.

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