

EMPOWER YOUR FOOD ALLERGIC CHILD FOR THEIR FUTURE



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

You will want your child to know all the foods they are allergic to — what these foods look like, where they are commonly found in foods and at the grocery store, where they sometimes hide in foods. Beyond the specifics of their diagnosis, you will want your child to know how exposure to an allergen makes them feel and what they should do if they feel 'off' after eating something.

Approaches to help you:

Empower Your Child With



Diagnosis 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

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

Empowering Your Child: Diagnosis Fundamentals

Teaching DIAGNOSIS Fundamentals: <i>Verbalize, Model, Explain, Role Play, Practice & Practice</i>	0-12 months	Toddler to Preschool	Elementary School	Middle School	High School
Include putting on allergy ID jewelry as part of their getting dressed routine. When they are older, check them.		✓	✓	✓	✓
Play! Encourage imaginary play, like 'Restaurant' and 'Kitchen' with food allergy nuances. Make silly songs! Include siblings.		✓	✓		
Play 'Show & Tell' at home, when grocery shopping. Show & name safe & unsafe foods. Play 'I Spy' when grocery shopping. Include siblings.	✓	✓	✓		
Read children's storybooks about food allergies. Get the Allergy Force Food Allergy ABC's coloring book (it's free)	✓	✓	✓		
Use a special snack bag just for them—make it fun! Carry it for them. Then, help them pack and carry it in their own backpack & place it in their school cubby or desk.	✓	✓	✓		
Teach them to always ask, "Is this SAFE for me?" when they are not with you before they eat anything they did not bring from home. OR , teach them how to say "No thank you" when someone offers food. Help them with the words & role play.		✓	✓		
Give them words for funny feelings they might have after an allergen exposure. Role play & practice telling a grown-up.		✓	✓		
When giving them epinephrine, verbalize what you are doing — "We will use your autoinjector." "Then we will go to the doctor." — and let them know they will soon feel better. Stay focused, calm.		✓	✓	✓	✓
Implement an 'allergy check' before leaving home for essential food allergy items. Make it a habit. Explain, show, involve them.	✓	✓	✓	✓	
Include them in your meetings with their teachers about classroom FA policies: (1) watch/listen, (2) participate, (3) lead.		✓	✓	✓	
Include them in 504 planning meetings with school admins.			(✓)	✓	✓
Teach them to fuel their bodies: Packing their snack bag. Cooking & baking. Involve, explain & show, coach & hand off.		✓	✓	✓	✓
Let them self-carry their autoinjectors, if ready. If younger, may depend on situation (like sleepovers.) Always Carry Two!			(✓)	✓	✓
Show them how you research: restaurants, parties, etc. Have them listen in. Script it. Role Play. Let them drive, when ready.			✓	✓	✓
Help them find a food allergy peer group & encourage them to volunteer to raise community awareness of food allergies.		(✓)	✓	✓	✓
Give them a wallet card that lists all their food allergies.			✓	✓	✓

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

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