

EMPOWER YOUR FOOD ALLERGIC CHILD FOR THEIR FUTURE



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

Regardless of how you think about them — whether ‘rules’ or ‘values’ or ‘operating principles’ — family ‘rules’ that everyone in your household knows and lives by can be a helpful foundation for staying safe with food allergies, especially when you are coming up the learning curve on allergic living. 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 over the years, and spends increasing amounts of time away from your direct supervision, family rules will serve as speed and heading checks for them, too. Included here are examples you might consider for your family, offered to inspire your own parenting creative juices. They are by no means a ‘package’ deal.

Approaches to help you:

Empower Your Child With



Family Rules

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.

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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: Family Rules

Examples of FAMILY RULES {Operating Principles}	0-12 months	Toddler to Preschool	Elementary School	Middle School	High School
We do not allow allergens {some/all} in any form into our home.	✓	✓	✓	✓	✓
We always carry (2) unexpired autoinjectors, additional medications, & 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.	✓	✓	✓	✓	✓
We always wash hands before and after eating, and if we cannot wash them, we use anti-bacterial wipes.	✓	✓	✓	✓	✓
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 wash hands with soap & water before touching the baby.	✓				
Immediate family, extended family, friends, and caretakers must always brush teeth before kissing/snuggling with the baby.	✓				
If 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 bought 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.	✓	✓	✓	✓	✓
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?"		✓	✓		
I always wear my allergy ID bracelet/necklace.		✓	✓	✓	✓

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

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