

EMPOWER YOUR FOOD ALLERGIC CHILD FOR THEIR FUTURE



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

Your child needs to be within reach of their auto-injector 24:7. When they are little, you take the lead on keeping their device within reach, slowly relinquishing responsibility for carrying it through later childhood into adolescence as your child spends increasing amounts of time away from you with friends and at activities.

Over the years you will work with them to figure out solutions for conveniently and discreetly carrying their auto-injectors themselves. You will give them opportunities to practice using their devices and navigate prescription refills.

Approaches to help you:

Empower Your Child With



Epinephrine 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: Epinephrine Fundamentals

Teaching EPINEPHRINE Fundamentals: <i>Verbalize, Model, Explain, Role Play, Practice & Practice</i>	0-12 months	Toddler to Preschool	Elementary School	Middle School	High School
Use a special bag for their medications—make it fun. Carry it for them. Then help them pack it (or check for it) in the family go-bag until they self-carry. Explore wearable options for self-carry, sooner rather than later. Always Carry Two!	✓	✓	(✓)	Self-carry	Self-carry
Install a hook by your exit/entry door where the medication bag lives when home. If it is not on the hook, it is in your 'go bag' (if you carry) or in their backpack or wearable (if they carry.)	✓	✓	✓	✓	✓
Never hesitate to follow their Emergency Action Plan & use their injector. ALWAYS model decisive action.	✓	✓	✓	✓	✓
If you ever leave the house and you have forgotten the medication bag, make a BIG DEAL of stopping, turning around, returning home to retrieve it — even if you will be late for your next appointment. Rule = No Epi, No Go!		✓	✓	✓	✓
Allow them to play with the auto-injector trainer and use it on their dolls and stuffed toys when they play 'house,' 'doctor,' etc. Normalize its use to minimize fear.		✓	✓		
Periodically, have them practice using their auto-injector.			✓	✓	✓
Have them demo & teach others how & when to use their auto-injector: siblings, close friends (with parental permission), babysitters, caretakers, extended family, bunkmates, coaches.			✓	✓	✓
Teach them the basic rules for caring for an auto-injector like: 'Don't leave it in the car or hot sun.' 'Do not put in the fridge.' 'Never let it expire.' Explain, model, facilitate, reiterate.			✓	✓	✓
Involve them in the epinephrine prescription refill process at the pharmacy. Talk them through what you do. They should handle this independently by the end of high school.			✓	✓	✓
Teach your child to find the expiration date on their auto-injectors & record the info. Teach them to check for medication discoloration. Set up a reminder together to prompt the refill.			✓	✓	✓
Include them when you drop off their medication/forms with the school nurse at the start of the school year. Foster their relationship with the nurse. Have them pick up the medication at the end of the school year. Do this until they self-carry.			✓	✓	
After an allergic reaction, have them record the reaction details. Make it easy for them, e.g., with a checklist to fill out. Make them responsible for bringing it to your allergist appointment.				✓	✓

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

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