

BACK TO SCHOOL

with Food Allergy



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ALLERGY AWARENESS

Food Allergy Management Tips

- Make sure to obtain updated prescriptions for any medication - epinephrine injectors, rescue inhalers, etc., for both school and home.
- Request an updated Emergency Action Plan from your allergist/pediatrician. Distribute to teachers, coaches, bus/after school staff, caregiver, and include with 504 Plan.
- Call the school nurse/administrator/counselor to set up a time to create a 504 Plan for your child.
- If 504 is already established, connect with your school's 504 coordinator before the start of school to review the plan.
- Talk through scenarios with your child and make a plan:
 - If they feel uncomfortable in a situation
 - If they are feeling pressured to eat something (it's okay to say No to an adult!)
 - If they feel they are having a reaction, where to go and who to talk to
- Drop off epinephrine injectors and all other medications to school nurse along with Emergency Action Plan. Make sure the plan will be distributed to all your child's teachers.
- Connect with your child's teacher before the school year begins.
 - Introduce yourself
 - Ask he/she to review child's 504 plan.
 - Ask if they'd like to meet ahead of time to ask any questions
 - Offer to provide a "safe snack box" for the classroom for celebrations
- Follow-up with teacher(s) a week into the school year and see how things are going.
- Keep open communication with your child about activities at school, lunchtime, recess, bus, extracurricular activities, etc.
- Chat with your child regularly about school in general and watch out for signs of bullying/anxiety -
 - Changes in sleep
 - Fear of going to school
 - Not eating at school, coming home with a full lunchbox
 - Information/resources: NoAppetiteForBullying.com

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