

your calendar

FEBRUARY

- ❖ Introduce yourself to the school nurse and the school guidance counselor at kindergarten registration.
- ❖ Set up a meeting with the school nurse, guidance counselor, and teacher(s) to discuss the upcoming year and the steps to take to make the school safe for your child.

JULY

- ❖ Meet with your allergist to discuss and sign a **Food Allergy Action Plan (FAAP)**.
- ❖ Order new Epipens.
- ❖ Order a Medic Alert bracelet.

AUGUST/SEPTEMBER

- ❖ Ask the school administration to send a letter (on school's letterhead) to all parents in your child's classroom.
- ❖ Create an **Allergy Kit**, which may contain:
 1. A copy of the FAAP.
 2. A bottle of liquid or chewable Benadryl.
 3. Two Epipens.
- ❖ Meet with your school. Prepare to bring:
 1. Information about your child's allergy.
 2. Your allergist's signed FAAP.
- ❖ At the meeting, work together to review the information about your child's allergy, the FAAP, signs of a reaction, any previous reaction(s), and your child's temperament (shy, confident, unaware, etc.). Discuss your child's daily routine and how he/she will be safe at gym, music, cafeteria, playground, etc.

SEPTEMBER

- ❖ Establish a food policy with your teacher for safe birthdays, holiday parties and other events which may involve food.

JANUARY

- ❖ Review how the allergy safety program is working so far.
- ❖ Thank all involved in keeping your child safe.

❖ For more information, go to www.broffa.org.

references

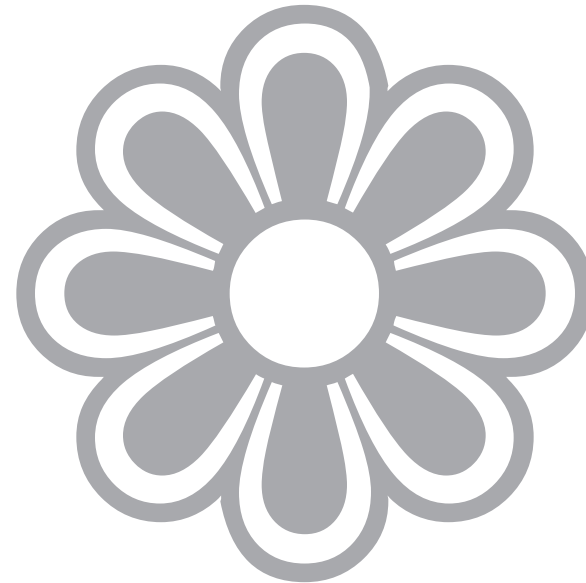
www.foodallergy.org
www.allergysupport.org
www.foodallergyproject.org
www.asthmaandallergies.org
www.mochallergies.org
www.peanutallergy.org
www.peanutaware.com
www.allergicchild.com
www.allergykids.com
www.foodallergyinitiative.org
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Brookline Families with Food Allergies



Entering Kindergarten with Food Allergies



This pamphlet was produced by **BroFFA.org** with the assistance of teachers, nurses, and parents of the Brookline community.

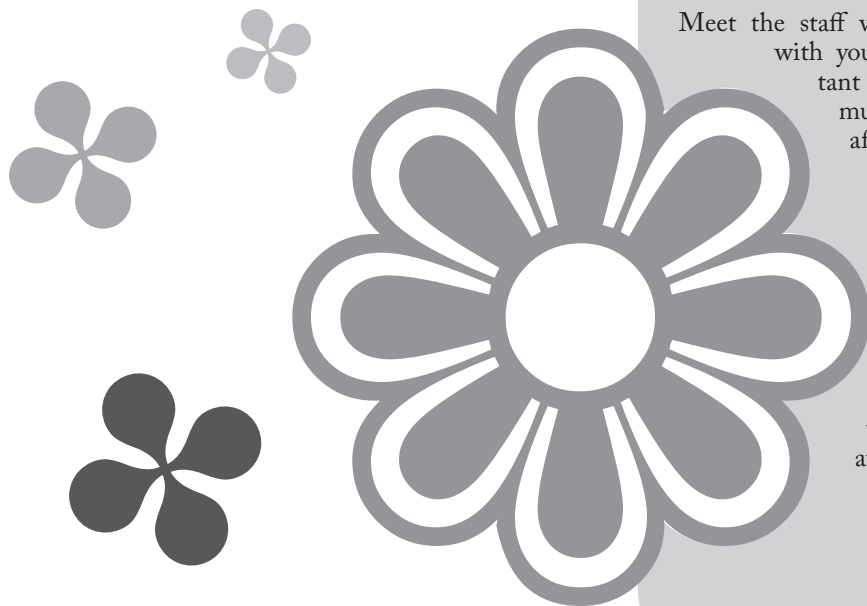
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welcome!

Entering kindergarten can pose new challenges for families with food allergies. However, the risk of accidental exposure to foods can be reduced in the school setting if parents work as a team with the school staff and their child's physician to minimize risks and provide a safe educational environment.

With the help of Brookline's school community, **Brookline Families with Food Allergies** (www.broffa.org) has produced this pamphlet to assist you in making this a smooth transition.



action plan

Establish a **Food Allergy Action Plan** with your school nurse. This is a document which will provide written medical documentation, instructions, and medications for your child's allergy as directed by a physician. FAAP forms may be obtained from your pediatrician, allergist, or your school nurse. Consider laminating a version of the FAAP to have accessible to your classroom in case of substitute teachers.

school staff

Meet the staff who will come into contact with your child: your teacher, assistant teachers, the gym teacher, the music teacher, the cafeteria staff, after-school staff, etc.

volunteer!

There are many ways to help your school and be closer to your child and the people around him or her. Many opportunities can be based around your available time.

extras

This is a good time to get a **MedicAlert bracelet** if you don't already have one. They now come in all sorts of fun styles. (medicalert.org)

Stickers for school lunch bags, backpacks, and folders help identify your child's food allergy. (labelitorloseit.com)

classroom checklist

Provide a bag of **safe snacks** for unexpected parties, after-school meetings, open houses or any event that may need the occasional snack.

Provide supplies to facilitate a safer classroom: an **all-purpose cleaner** to wipe down tables, travel wipes to wipe down bus seats for field trips. And if you can attend field trips, do so. The extra pair of eyes is always appreciated!

Provide an **Epipen carrier** for when the teacher or aide is on field trips or at the playground. (foodallergy.org, medipouch.com.)

Try to provide **your own foods** (cookies, muffins, fruit breads, etc.) for class events so your child feels included.

with your child

- ❖ Encourage your child to **wash his/her hands**. Fun handwashing charts are often popular to encourage *all* children to keep healthy. Teach your child the importance of washing hands and of not put fingers and hands in mouth. (lakeshorelearning.com)
- ❖ Teach your child **to never share food**. Even if the food is thought safe by others, it may not be.
- ❖ As appropriate, **educate** your child about:
 - a. Safe and unsafe foods.
 - b. How to avoid exposure to unsafe foods.
 - c. Symptoms of allergic reactions (find a collection of children's descriptions of a reaction at www.broffa.org).
 - d. How and when to tell an adult they may be having an allergy-related problem. Discuss a special signal or word.
 - e. How to read food labels.

questions?

Don't hesitate to ask questions! Has your teacher been trained to handle an allergic reaction? Have there been any reactions at the school? Are there any potential allergens in the classroom(s)? Where will the Epipen be stored? How will teachers communicate with the nurse?