

INFORMATION FOR PARENTS OF STUDENTS WITH SEVERE FOOD ALLERGIES

MEET WITH THE SCHOOL

1. Before school starts, call the school and request the forms needed for your child to have medications at school or download them from the school's website.
2. Have your doctor provide written documentation about the food allergy, including symptoms of a reaction and instructions for administering medication.
3. Fill out a Food Allergy Action Plan - available from the School Nurse.
4. Schedule a meeting with the school staff including the school principal, school nurse, teacher and food service personnel.
5. Provide a summary of information regarding your child.

DURING THE MEETING

1. Go into the meeting with a positive attitude and an open mind.
2. Your goal is to create a team among the staff members with everyone working together to keep your child safe.

FOOD ALLERGY MANAGEMENT PLAN

1. Clearly outline instructions for what you would like the school staff to do in the event of reaction.
2. Encourage the school to practice it as it would a fire drill.
3. Plan for unexpected situations to eliminate guesswork if an emergency occurs.
4. Provide all team members with a copy of your child's FAAP.
5. Verify that all emergency numbers on the form are current.
6. **MEDICATION:**
 - If your doctor has prescribed an Epinephrine auto-injector, such as EpiPen or Twinject, demonstrate its use with the school staff.
 - Students are allowed to carry and self-administer Epinephrine in our school system as long as a medical authorization form has been signed by parents and the physician.
 - According to Ohio Law, you must also provide a backup dose of the medication to the school.

7. CAFETERIA:

- Create a NO-FOOD TRADING Rule for your child to help prevent reactions.
- If your child will be eating food prepared by the school, review the daily menus with the school food service director.
- Be sure to tell your child what is and isn't acceptable.
- Ask your child if there are any problems encountered in the cafeteria and find solutions to them.
- Let the school nurse or principal know if any problems develop.

8. CLASSROOM

- Meet with your child's music, art and PE teachers to give them pertinent information regarding your child's food allergies.
- If your child is in the elementary buildings, be sure to send in safe snacks or treats.
- Consider keeping a supply of special treats in the classroom, so there are always safe treats for your child to choose from.
- Be sure to speak with the teacher about any projects that might involve food.

9. PREPARE YOUR CHILD

- Include your child as a part of the food allergy management team.
- Before school starts, explain emergency procedures to your child.
- Tell your child what medications will be stored at school.
- Explain to your child that there may be a time when other kids are having a snack that is not safe for them to eat.
- Tell your child where the safe treats will be kept if you choose to send them to school.

PARENT CHECKLIST

- Schedule a meeting with school staff before the start of the school year to discuss avoidance strategies.
- Provide the school with a Food Allergy Action Plan. Have your doctor sign it.
- Instruct the school about medication dosage and administration.
- Develop a plan for classroom parties and unexpected events.
- Outline a plan for field trips.
- Review lesson plans and craft projects that call for the use of food.
- Learn your child's daily schedule and meet with any additional teachers.
- Role-play different scenarios so that your child will know what to do in any situation.