

# What to Do Before School Starts

## Be well-versed on your child's food allergy.

- The foods he or she must avoid.
- The signs and symptoms of an allergic reaction.
- The ways your [child might describe](#) an allergic reaction.
- The correct way to use an epinephrine auto-injector.
- Make sure your child knows what to do if he or she experiences an allergic reaction.

## Schedule an appointment with your child's pediatrician or allergist.

- Check your child's medication supply and expiration dates.
- Get a prescription for any medications you may need (e.g., for school, self-carry, home).
- Check that you have the correct strength of [epinephrine auto-injector](#) for your child's weight.
- Have the medical provider fill out any required school forms, including a food allergy [emergency care plan](#).

## Meet with your child's teacher, school nurse, cafeteria manager and other staff (e.g., coach, band director).

- Be clear on the school's guidelines for managing students with food allergies.
- Discuss your child's needs throughout the school day in different areas, including the [classroom](#), cafeteria, playground and school bus.
- Ask if cafeteria staff have been trained on [safe food preparation](#) for food allergies.
- Share your child's [emergency care plan](#) with everyone who comes in contact with him or her
- Work with the school to develop a [Section 504 Plan](#), or other written food allergy management plan
- Know who is [trained](#) to give your child's medication in the event of an emergency.
- Determine if guidelines like no food sharing or [handwashing](#) after eating or handling food can be implemented in the classroom.
- Discover where food will be kept, where your child will eat and who will oversee meals or snacks.
- Ask to be given advanced notice about [field trips](#) and other events

# BACK to SCHOOL

## with Food Allergies

## A PARENT CHECKLIST

Everything a parent needs to know when sending their child with food allergies to school for the first time

## When School Starts

- Deliver your child's emergency care plan and medication(s) on or before the first day of school.
- Remind your child to avoid eating any food whose ingredients are unknown, such as home-baked goods.
- Check-in with your child's teacher(s) to see how things are going.
- Always be on the lookout for signs that your child might be experiencing [bullying](#) or teasing because of his or her food allergy.
- Share resources, like those found on [FARE's Back-to-School Headquarters](#), with your child's school.



Learn more at [FoodAllergy.org](https://www.foodallergy.org)

