



From: [www.cofargroup.org](http://www.cofargroup.org)

## Parent's Check List for Managing Food Allergies

To help organize what you need to know about your child's food allergies, consider using the following checklist...

### Avoidance

- Ask your doctor *what* foods you need to avoid.
- Ask your doctor about related foods (Do I need to avoid all tree nuts if I am allergic to cashew?).
- Learn *how* to avoid these foods.
- Learn about label reading, acquiring a safe restaurant meal, and managing food allergy at school and camp.
- Learn how to substitute for the nutrients in the foods avoided.

### Managing an allergic reaction

- Know how to recognize the symptoms of an allergic reaction.
- Learn how to treat an allergic reaction.
- Review your emergency treatment plan, including how to administer epinephrine, with your doctor.
- Make a list of your emergency medications and doses.
- Keep emergency medications with you and your child at all times.
  - Epinephrine should be carried at all times.
- Teach anyone who will be caring for your child including teachers, relatives and babysitters how to avoid the food and how to recognize and treat an allergic reaction. Make sure those caring for your child have access to, and know how to use, emergency medications.

### Looking Ahead

- Ask your doctor about your child's risks of developing other allergic problems (e.g., asthma, other food allergies).
- Some food allergies go away with time. Ask your doctor how often your child should be reevaluated.
- DO NOT try foods you have been told to avoid. If you are not sure if your child is allergic, ask your doctor.

## RESOURCES

- This program has additional information sheets that you may find helpful
- Explore additional educational materials, for example, from Food Allergy Research & Education ([www.foodallergy.org](http://www.foodallergy.org)).