



Ideas for Parents

You can be involved in your child's school by **attending** meetings, workshops, or training events offered by the school; **communicating** with school staff and other parents; **volunteering** for school events or in your child's classroom; **reinforcing** healthy messages and practices your child learns at school; **helping** make decisions about health in the school; and **being part** of community activities supported by the school. Here are some specific ideas for how you can support your child's school in addressing food allergies.

- Have an ongoing conversation with your child to discuss their food allergies, their feelings about having food allergies, and if they feel safe and supported at school.⁴
- Work with your child's health care provider to establish a current emergency care plan and for timely completion of required school forms.³ Encourage communication between school health services and your child's health care provider.
- Provide emergency medication to the school nurse or other school health official.
- Ensure that there is a current individualized health care plan, and assist with setting goals.²
- Communicate with your child's teachers, counselors, and school health services staff about your child's food allergies and how they are coping while at school.
- Work with teachers and other staff to identify non-food rewards for your child, thereby reducing exposure to allergens.
- Talk with school nutrition services about your child's allergies and advanced menu viewing.
- Volunteer with your child, or get involved at school health events to educate staff and other families about food allergies. Inquire about the student health education curriculum.
- Join a group, such as the PTA, school wellness committee, or school health advisory council, that addresses the needs of a supportive and healthy school environment.⁵
- Share research-based websites or written materials about food allergies with teachers, nurses, and administrators, when possible, (e.g., <https://www.cdc.gov/healthyschools/foodallergies/index.htm>).



Check out additional resources for parents related to the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions at <http://www.cdc.gov/healthyschools/P4HS.htm>.

REFERENCES

1. Centers for Disease Control and Prevention. *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs*. Washington, DC: US Dept of Health and Human Services; 2013.
2. National Association of School Nurses. *Position Statement: Individualized Healthcare Plans: The Role of the School Nurse*; 2015.
3. National Association of School Nurses. *Position Statement: Allergy/Anaphylaxis Management in the School Setting*; 2012.
4. Centers for Disease Control and Prevention. *School Connectedness: Strategies for Increasing Protective Factors among Youth*. Atlanta: US Dept of Health and Human Services; 2009.
5. Centers for Disease Control and Prevention. *Parent Engagement: Strategies for Involving Parents in School Health*. Atlanta: US Dept of Health and Human Services; 2012

