



# Tips to help your child manage their allergies

Make sure your child has an up-to-date allergy action plan in an accessible place.

Make sure you and your child know how to use their adrenaline auto-injector (AAI).

Help your child bake tried & tested recipes.

Teach your child to speak out about their allergies when out and about.

Check the expiry date on your child's AAIs and register for the expiry alert service.

Ask your child's school about their allergy training for staff.

Encourage your child to ask if their food is safe before eating it.

Manage your own anxiety. Stay calm and open when discussing allergies with your child.

Help your child understand their allergy symptoms and the signs of a serious reaction.

AAI resources:  
[www.epipen.co.uk](http://www.epipen.co.uk)  
[www.jext.co.uk](http://www.jext.co.uk)

Learn to carry their two AAIs as soon as they can.



More information at  
[anaphylaxis.org.uk](http://anaphylaxis.org.uk)