

## TOP TIPS FOR STARTING SCHOOL

Starting school can be overwhelming for parents. But for parents and carers of children living with allergies, it can be a particularly worrying time. Our handy tips can help you and your child feel a bit more prepared for this new adventure.



### COMMUNICATION

Start a positive conversation with the school as soon as possible. Arrange to meet your child's new teachers to run through your child's needs and get reassurance that your child's allergies will be managed properly.



### TRAINING

Speak to the school to find out whether staff have completed suitable allergy training. Are the teachers looking after your child confident in administering adrenaline auto-injectors? Do they know the signs and symptoms of an allergic reaction and anaphylaxis?



### CURRICULUM

It can help to ease your nerves about your child starting school if you know a bit more about the curriculum they will be taught over the year. You can then prepare in advance for any trips or activities that need to be planned for or amended.



### MEDICATION

Make sure your child has immediate access to two of their own adrenaline auto-injectors at school. It is also worth checking whether the school has 'spare' adrenaline auto-injectors and where they are located.



### PARENT RELATIONSHIPS

Don't be afraid of speaking to other parents about your child's allergies. Some parents have little knowledge of what life is like caring for a child with serious allergies, but most will be more than willing to learn and do what they can to help keep your child safe.



## THE HIDDEN BATTLE WITH ALLERGIES

