

## Top tips for Parents and Carers



Sending children/young people with allergies off to nursery/school can be very daunting. Passing over that trust to staff to keep them safe can often feel overwhelming. We have put together a list of top tips and reminders to help you navigate your way through.

### Where should I start?



- Set up an in-person meeting with the nursery/school.
- Give in-date medication to keep at nursery/school.
- Give a copy of your child/young persons allergy action plan to your designated teacher.

### What do I need to provide?



- Your child/young person **TWO** adrenaline auto-injectors (AAIs) and any other medication in a suitable named/photo-labelled medical bag/box.
- Advise the nursery/school that your child/young person **AAIs should be stored** in a cool, dry place, at room temperature and away from sunlight. The bag/box should be easily accessible at all times, its location known to everyone and in a drawer/cupboard that is never locked.
- A copy of the child/young person **up-to-date Allergy Action Plan**, which should be completed by their healthcare professional (not by a teacher or parent).
- Place a copy inside their medication bag/box with their two AAIs and ask the nursery/school to **share a copy with all staff/volunteers** who may come into contact with your child/young person.
- A name-labelled box with a photo of your child/young person, containing their **allergy friendly treats** in case of birthday parties and special occasions.



## What should we discuss?



- Enquire with the school as to how many staff have completed allergy training and what it covered? In depth training should be available for all staff – club coaches and volunteers



- Discuss your child/young persons allergens, previous allergic reactions and what the symptoms were and how they progressed. For instance, was the reaction caused by eating, inhaling or skin contact? Discuss any other medical conditions the child/young person may have.



- Work with the nursery/school to create an Individual Healthcare Plan for your child. This will ensure all their needs are met and the environment is inclusive.



- Ensure the school has a plan for the location of your child/young persons own AAls (keeping them close at all times) and that they also have the two spare AAls that schools can hold on- site for emergency use.



- Do they have a plan for educating other children/young people about allergies? This could be an Allergy School lesson or assembly.



- Recommend that the school adopt a 'food-free treats' and a 'no sharing food' approach at all times to avoid children/young people accidentally eating the wrong food.



- Agree permission to inform other parents/carers about allergies. You could suggest sending an email to parents/carers or providing information in newsletters (state if you would like any information to remain confidential).

# Thinking Ahead : School Trips and Activities

## School Trips

- Discuss activities/events/trips planned for the year and how your child/young person will be included/what they may need you to provide?
- Request that at least one staff member who is trained in administering an AAI accompanies your child/young person on school trips in the UK or abroad and transport their medication correctly.
- Risk assessments must be carried out.
- Ensure other schools are notified when visiting for sports fixtures/educational activities so they can safely cater for them if required.

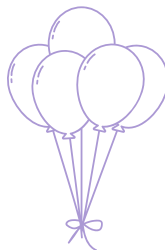
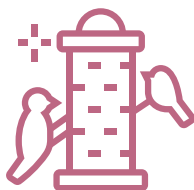


## Activities

**Have classroom/outdoor risks been minimised in the school for children/young people with allergies?**

For example:

- Junk modelling (boxes and bottles may have contained an allergen like nuts or milk).
- Hand wash containing nut oil (almond/macadamia).
- Art equipment like balloons and aprons (latex).
- Face and craft paints may cause eczema flare ups, contact dermatitis or contact allergic reactions.
- Food in bird feeders often contains nuts.
- Handwashing before sharing sports equipment like tennis racquets if necessary.



## Mental Health and Wellbeing

- Is there a process to record near misses and **bullying**?
- How will these be dealt with to avoid future incidents?
- **Are children/young people with allergies part of the school's safeguarding policy?**
- How will the nursery/school **create safe and inclusive environments** to ensure allergies are included in their behaviour policy?

## Remember

- **Set a reminder to check your child/young persons AAls/medication expiry dates** as it is the parents/carers' responsibility to replace them.
- **Check your child/young persons weight regularly** as this will determine which dose of AAI they **require**.
- Talk to your child/young person positively about their allergies and reassure them that it is always okay to let an adult know if they feel unwell.
- Inform the school of the annual UK Allergy Awareness Week and suggest that the children/young person take part in **activities to raise awareness**. Eg. an Allergy School assembly/lesson.
- To **communicate any future changes about your child/young persons allergies/conditions** immediately to the nursery/school and update their photo so that it is current.

## Resources

Encourage your schools/nurseries to register for **FREE allergy training and resources** - [allergyschool.org.uk](https://allergyschool.org.uk)

**Allergy Action plan:** <https://www.bsaci.org/professional-resources/types-of-adrenaline-auto-injectors/>

Individual **trainer adrenaline auto-injectors**: (Order a Jext® trainer AAI or order an EpiPen® trainer AAI)

**Healthcare Plans:** Gov.uk has information on supporting children with medical conditions at school and provides a template plan.

**Spare adrenaline auto-injectors for schools:** Link to free letter template [www.sparepensinschools.uk](https://www.sparepensinschools.uk)

(From 1 October 2017 the Human Medicines Regulations have allowed schools to obtain, without a prescription, AAI devices for use in emergencies).

Set up **AAI expiry reminders**.

Nurseries/schools should return any **unused, expired medication** to parents/carers.