

Does your child's classmate have a peanut allergy?

If there's a child with a peanut allergy in the classroom, you may wonder what changes you should make to help support their safety. You may also wonder how to encourage your child to be a friend and look out for their safety.

Depending on where the children eat lunch will make a big difference. It's important to be very cautious with peanut products if they will eat in the classroom or if your child wants to sit with them at the peanut free table.

Be sure not to send in any peanut products with your child. Read labels to see if the product contains peanuts, and if it does, save it for your child to eat as an after-school snack. Avoid any products that say they were made on the same equipment, etc.

Contact the teacher or parent to get a list of safe snacks they recommend. Make sure you ALWAYS read the label of the snacks before purchasing, because ingredients and manufacturing process often change.

If you bake something, don't send it in to the class. They won't know if there was cross-contamination in your kitchen and the child won't be able to eat it. Also, don't send in anything from a bakery, because bakeries have a high chance of cross-contamination.

Help educate your child about peanut allergies, through books and videos. There are also songs that help teach about allergy safety.

Teach them not to share or trade food and drinks with their classmate. They should also not share any napkins or eating utensils. Teach them how to properly wash their hands after eating. If they eat any peanut products before school, make sure they wash their hands and clean their face.

Encourage your child to look after their classmate's safety and tell an adult if their classmate feels ill. Also, encourage your child to tell an adult if anyone is bullying or teasing their classmate because of their peanut allergy.

Reach out to the parent. Sometimes they feel like they are all alone, and it will mean so much to hear an encouraging word and know that someone cares. Offer to have the parent and child over, or find a safe activity the children can go to together.

Your help and understanding is so greatly appreciated – Thank You!

For more information on peanut allergy safety at school, please visit www.peanutfreezone.com