

How can families support allergy aware children's education and care (CEC) services?

If your child has an allergy:



- Tell the CEC service about your child's allergies when you enrol them.



- Work with the CEC service to plan for activities that involve food (such as cooking or special occasions) and talk to the educator who is organising the activity.



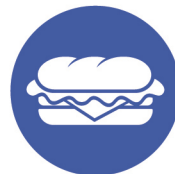
- Before your child starts at the CEC service, give them a copy of your child's ASCIA Action Plan.
- The ASCIA Action Plan should be completed by your child's doctor or nurse practitioner.
- Let the CEC service know if your child's allergies change and give the CEC service a copy of the updated ASCIA Action Plan.



- Teach your child about their allergy.
- This will depend on your child's age, allergies and abilities.



- Meet with the CEC service to talk about what the CEC service can do to manage your child's allergies.



- Children with food allergy need to:
 - Learn about the food they are allergic to.
 - Learn how to talk with others about their allergies.
 - Wash their hands before and after eating.
 - Not share food.
 - Only drink from their own water bottle.
 - Only eat food provided by a trusted adult who knows about their food allergies.
 - Tell an educator if they feel unwell.



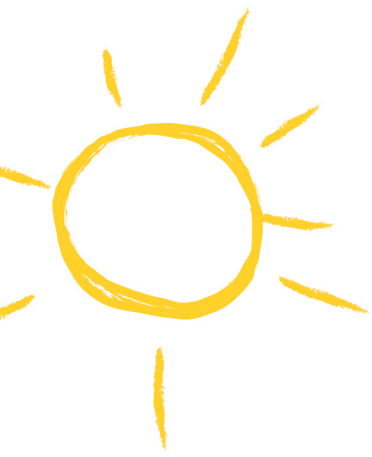
- If your child has a food allergy, meet with food service staff to discuss how they will provide the right food for your child.
- This might include menu planning or providing alternative foods or formula, labelled with your child's name.



- Children with insect allergy need to:
 - Learn about the insect they are allergic to.
 - Learn how to talk with others about their allergy.
 - Keep their shoes on when playing outside.
 - Drink from a container with a lid.



- Give the CEC service one of your child's adrenaline injectors (in date), along with any other medication (such as antihistamine and asthma reliever medication).



If your child does not have an allergy your family can support allergy aware CEC services in the following ways:



- Help the CEC service look after children with allergies by supporting the ways the CEC service reduces the risk of a child having an allergic reaction.



- Teach your child about how to care for their friends and other children with allergies.



- Talk to your child about how everyone has different health needs and teach them to be respectful of the needs of other children.



- Caring for children with allergies includes:
 - Washing hands before and after eating.
 - Not sharing food.
 - Only drinking from their own water bottle.
 - Telling an educator if their friend is sick.



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