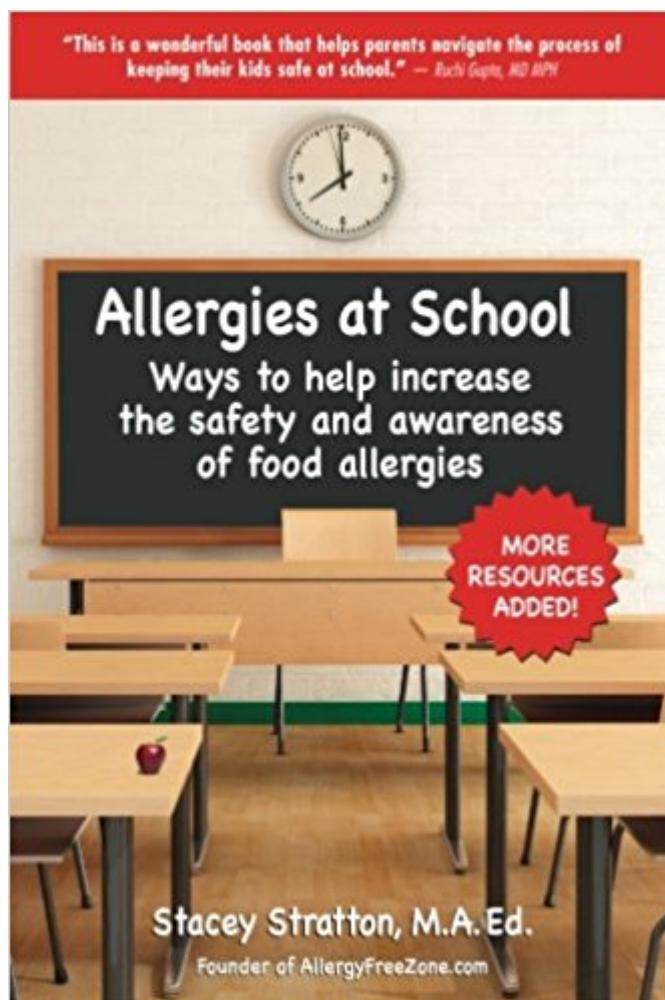


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# Allergies At School: Ways To Increase The Safety And Awareness Of Life-threatening Food Allergies At School



## **Synopsis**

When your child has a life-threatening food allergy, getting prepared for their first day of school can be very stressful. Searching the Internet and trying to know what topics need to be covered, can leave any parent feeling overwhelmed. Have you found yourselfâ | â ¢ Wondering what questions you should ask? â ¢ Looking for ways to help increase your childâ ™s safety? â ¢ Questioning how to effectively communicate your childâ ™s needs and help people â œget itâ •? â ¢ Wanting stories you can easily reference about children having reactions at school? â ¢ Searching for downloads, information & other helpful resources you can share? â ¢ Needing help putting together a checklist of important topics to discuss? Whether your child is starting kindergarten or entering a new school, Allergies at School will have you prepared! Allergies at School is a valuable resource that equips you with important questions to ask before, during and after your child starts school. Itâ ™s a simple and straightforward guide to help increase your childâ ™s safety at school. Allergies at School includes checklists of key points to easily reference, helpful resources to share, and relevant stories to discuss with the team members. Topics include: Getting Prepared, The Team Meeting, The School Nurse, Playgrounds and Recess, Field Trips, The Cafeteria, Using School Transportation, Talking to Teachers, Helping Your Child Prepare, Food Allergies in the News, and Resources. Allergies at School is also an excellent resource for school nurses, teachers and principals!

## **Book Information**

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## **Customer Reviews**

Stacey Stratton has an M.A. in Education and over 8 years experience working in the Special

Education field. Her experience not only includes educating others, but being an advocate for those who have any type of special need. She is the founder and currently writes the blog posts at [www.peanutfreezone.com](http://www.peanutfreezone.com) Stacey has also written numerous articles and guest posts to help increase safety and awareness of food allergies.

This book is generally geared toward parents of children who have allergies. While that is the main focus, it is not to be ignored by administration, teachers, or other staff of school facilities. This information is clear cut and well laid out to help avert disasters that may be caused by the ignorance of allergens (specifically food). I gave this book 3 stars because it is extremely repetitive. There are a few points that are repeated numerous times, for example, writing letters. I felt like I was jumping back into another chapter every time I read it again. On another note, I really enjoyed the checklists at the end of each chapter. Chapter 10, "Food Allergies in the News" was also a nice chapter with links to the articles and a quick summary as to what it was about. Chapter 11, "Helpful Resources" was also a great chapter. The only downside to that chapter was that the majority of the resources were geared toward those with nut allergies. Only a few of the resources were beneficial to me as a mother to a child with a dairy allergy.

My wife loves this book. Our daughter has a severe anaphylactic Tree Nut allergy and sending her to Kindergarten this year has been VERY stressful. This book has a lot of practical advice and explained things that we hadn't thought of, which were extremely helpful when meeting with the school administrators prior to her starting school. A BIG thank you to the author for all of the advice!

Good awareness for children with allergies and who are going to start school. EVERYONE SHOULD READ IT! Has excellent tips and helpful checklists to keep things in perspective. Also has question & answers for parents to ask school staff teachers, nurses, principals etc.

I highly recommend this as a guide to anyone that has kids with allergies. I am a school nurse and it has come in handy.

Stacey has created a wonderful resource with her book, "Allergies at School". I would go so far as to say it's a MUST have for those parents who have a newly diagnosed school aged child with food allergies or a child who has just entered the school system. Stacey covers all angles in her book. Topics Covered: Getting Ready for School (scheduling meetings, filling out forms, etc) The

Team Meeting (discussing the ÄœplänÄ• and sharing stores) The School Nurse (training on administration of medicines) Playgrounds and Recess Field Trips The Cafeteria School Transportation How to talk with teachers Helping your child prepare Each chapter concludes with a checklist to help keep you organized in what action(s) you need to take next. The end of the book is filled with website resources to help you in your food allergy journey. I would highly recommend this book!

I would like to see this book find its way into the hands of school administrators everywhere (to be reviewed with all faculty on a regular basis). Not only is it a thorough guidebook to help parents navigate through the system to communicate their food allergic child's needs, but it also identifies so many areas within the school and amidst school activities where precautions need to be taken. As a former educator, the perspective Stacey writes from is balanced. She is an advocate for the food allergic child and mediates between the parents and the school to help both develop a plan of action they can all feel confident about.

This book is AMAZING!!! I have a four year old son with severe food allergies and I have been very concerned with all of the variables we may face as he begins elementary school at age six. Upon using this book as a research tool, I began to feel that I was NOT premature in requesting a meeting with the school principal as well as discussions on how my son will be accommodated in the future. I have recently had the opportunity to speak to the head nurse in our school system and she was very supportive of my concerns and very willing to assist in any way necessary. This book has been such a helpful tool in getting me started on my journey in the elementary school and I definitely plan on referencing the information in this book VERY often. I plan on forwarding a copy to the school where it may be needed.

Great resources. What parents need to know to ensure safety in our schools. Wish school administration would make this required reading for all staff members.

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