

A-CHOO!



COPING WITH ALLERGIES

Allergies are no fun at any age, but especially when you're a kid.

Whether your child has seasonal allergies that leave him with itchy eyes and sneezing, or food allergies that limit her ability to participate in class parties or sit with friends who have peanut butter for lunch, do the best you can to keep childhood fun and “normal.”

To help your child with seasonal allergies:

- Check with your doctor about starting medicines three to four months before allergy season hits, so that the meds are already in your child's system and working effectively when the pollen, mold or other seasonal irritants fill the air.
- Keep your child on a regular dosing schedule. Even if he is feeling better, give him his regular dosage of medicine as planned.
- Teach your child to recognize symptoms and alert you if he isn't feeling well.
- Teach your child the proper way to sneeze – in crook of arm, *not in hand*, to avoid transferring germs, and encourage her not to rub her eyes.

To help your child with food allergies:

- Teach her how to bake simple products that use ingredients she can safely eat and enjoy.
- Remind her that while her allergies may prevent her from experiencing some food, she'll feel better in the long run by eating a healthy alternative.
- Teach your child what to do if an **allergic reaction** occurs – seek help from an adult or use the EpiPen you may have provided her with, if instructed by her doctor.

