

Onespot™ Allergy Top Ten Tips – For a Safe Festive Season

1. Teachers often schedule a festive season party. Check on the safety of the food being served, and send a safe treat for your child or the entire class.
2. Children are usually encouraged by teachers to wash their hands before lunch. Ensure that they will have a chance to wash their hands before the party.
3. Parents often bring unsolicited food to class during the holidays. Give your child's teacher a box of safe treats to be substituted for your child, and talk to your child's teacher to ensure there is a food protocol in place to reduce the risk, such as having parents provide an ingredient list to the school office.
4. Seasonal class activities sometimes involve food, like building and decorating a gingerbread house. Check with your child's teacher in advance to see what he or she has planned, review its safety, offer to help shop for supplies, and provide your phone number in case any issues arise.
5. Stock up in advance on festive candy like chocolate coins and candy canes that are safe for your child, as they can be hard to find at the last minute. These sometimes come home from school unsolicited, and you'll be able to swap them for something safe.
6. If you're not a regular volunteer in your child's classroom, the holiday season is a great time to get involved. As much as your schedule allows, supervise craft days involving food, class parties, and field trips.
7. The holiday season is also a great time to say thank you to your child's teachers and caregivers for everything they do to help keep your child safe. Acknowledge this specifically in your holiday cards and continue to thank them throughout the New Year.
8. When traveling or visiting family and friends, have a bag of safe foods with you for your child. Check with your host in advance about the safety of every food being served. If you know that there will be unsafe foods served, bring substitutes for your child.
9. Have a quick look around when visiting family and friends to ensure the environment is safe. It's surprising how often you will find unsafe items within reach, like bowls of unsafe foods, and centerpieces or displays that include nuts or other foods.
10. Children often run off to play with each other during celebrations. Make sure someone is with them who would recognize the signs of an allergic reaction and know how to administer emergency medication. Make sure your child has medication within reach at all times.

