

A letter for parents...

**START
HERE**

▶ Hi! My name is

[child writes name]

I'm in your child's class this year. I wanted to tell you about my allergies and ask for a teeny bit of help. **I'm allergic to:**



Milk



Egg



Wheat



Nuts



Soya



Peanut



Sesame



Fish



Shellfish



Other allergies:

If I'm careful about what I eat, then most of the time my allergies aren't a problem. But I always need to check the ingredients of food and I'm not able to accept food from my friends unless an adult checks it for me first. It's really, really BORING!

Could I ask a favour?

This term, if you're planning on sending a cake/biscuits/sweets to school to celebrate your child's birthday, please could you let my [mum/dad/carer] know in advance?

Then I can bring in a 'safe' treat to school on the same day and I won't feel left out when the others are scoffing their treats! (For me, feeling left out is one of the worst bits about food allergies. ☹)

My [mum/dad/carer] is called:

Their phone number is:

Their email is:

Thanks for helping me feel included! If you have questions, please contact the grown-up above (promise they won't mind).

This letter was created by Allergy Adventures*. Visit **Allergy Adventures YouTube channel** for simple, fun 'free from' recipes for children to make or log on to **allergyadventures.com** to find out more!

SYMPTOMS OF AN ANAPHYLACTIC REACTION

- develop a rash (hives)
- facial swelling
- difficulty breathing/ speaking
- upset stomach
- severe asthma
- feeling faint

... although, I may not experience all these symptoms.

