



Living with food allergies?

Prepare for your child's doctor's appointment

To make the most of your visit with your primary doctor, here's a list of questions to help you learn more about your child's food allergies and strategies that may help. You can use the spaces after each question to fill in the doctor's response and take notes if you like. Have this guide handy at your next appointment.

1 What is causing my child's allergy symptoms?

2 How can I help my child avoid being exposed to the allergen?

3 Will my child's allergies affect their growth and development?

4 How do I talk to my child about the allergy and explain its risks?

5 What treatment options are available?

6 How do I teach my child to take care of themselves and stay away from foods they are allergic to?

7 How do I allergy-proof my home?

8 Will the allergies get worse without treatment?

9 Are my child's allergies potentially life-threatening?

10 Should my child be referred to an allergist for additional tests?

11 Will my child outgrow the allergies?

12 How do common comorbid conditions like asthma or eczema affect my child's food allergy?

Use this space to jot down notes and any other questions you may have.

**FOOD
ALLERGY**
STRATEGIES