

# Transition to school

## 5 Skills for children with allergies starting school

- 1 Know your allergens**  
Children need to know what they are allergic to and the different forms that food may come in.
- 2 Stick to your own food and drink**  
Children need to know they can only eat what is in their lunchbox. For young children having a simple rule of "no swapping or sharing of food" is easiest.
- 3 Keep your hands out of your mouth**  
Children need to know to wash their hands carefully with soap and water to keep free from contaminants, and not to put their hands in their mouth.
- 4 Get help if you have a reaction**  
Talk with children about what they might notice with an allergic reaction and how to get the right help.
- 5 Practise what to do and how to do it**  
Practise with children what to do if they are offered food, get food on their hands, and how to ask for help.

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