

How to Prepare a Babysitter to Watch Your Child with Food Allergies

from **Spokin**

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INTERVIEW QUESTIONS

What is your experience with food allergies?
Are you trained or ever had to use an auto-injector?
Do you feel capable of learning how to administer an auto-injector?

BEFORE YOUR SITTER ARRIVES

Consider making special requests. For example, ask your sitter not to bring any food.
Plan time to train.

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COMMUNICATING CARE

Share your child's food allergies and what they can eat at home.
If you have allergens in your home, make a list of safe/unsafe foods.
Leave emergency contact numbers.

REACTIONS AND INSTRUCTIONS

Teach what both mild and severe allergic reactions look like.
Give instructions on how to respond to a reaction.
Have your sitter practice using the auto-injector trainer in front of you.

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SPOKIN TIP!
Give specific examples of how YOUR child might communicate an allergic reaction.

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