

How to Raise a Child with Food Allergy

INGREDIENTS:

- Epinephrine auto-injectors
- Supportive friends and family
- Food Allergy Canada's Newly Diagnosed Support Centre

DIRECTIONS:

1. Fill the doctor's prescription for an epinephrine auto-injector. Learn how to use it and carry it at all times.
2. Understand that this diagnosis is life changing, so tell friends and family.
3. Visit the Newly Diagnosed Support Centre for information to help you manage your child's allergy.

RESULT: You and your child will live confidently with food allergy.

Visit the Newly Diagnosed Support Centre

- Download or order the handbook, *Living Confidently with Food Allergy*
- Practice the exercises
- Watch and join our free webinars
- Connect with us by email or phone

We're here to help you!

HELPLINE:

1-877-322-9378 or 250-314-4814 (Western)

1-866-785-5660 or 416-785-5666 (National)

EMAIL SUPPORT: ndsupport@foodallergycanada.ca



allergysupportcentre.ca