

# For Teachers: When Your Student Has a Diagnosis of FPIES



## Questions to Ask the Parents:

- How can I learn more about FPIES?
- Does your child have an FPIES Emergency Action Plan?
- Does your child wear a medical alert bracelet?
- What ways can we help to keep our classroom as safe as possible for \_\_\_? (Food free vs. eliminating certain foods; hand washing procedures)
- Do you have any recommendations for books to help our students better understand FPIES so that they can help to support affected children?
- Please provide an updated list of safe foods as well as allergens
- How can we best communicate about food trials, exposures, & potential symptoms?

## Important Contact Information:

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## Classroom Considerations:

- What does the **daily classroom schedule** look like?
  - ☆ At what times will hand washing be necessary? Will wipes be needed?
  - ☆ Are there any classroom materials that could contain the student's allergens?
  - ☆ How can we educate staff members and students that will be interacting with the student in the classroom setting?
- What will the procedure for **snack and meal times** be?
  - ☆ Consider location, "allergy tables," cleaning methods.
  - ☆ Will a food-free classroom environment be necessary for safety? (This includes consideration of art and sensory materials)
- What **areas of the school** will the student be in during his/her school week?
  - ☆ Consider the same precautions for "specials" (gym, music, etc) as will be considered for the student's main classroom/ homeroom
- If the student **requires medical attention** due to an FPIES reaction, what is the procedure? Consider information regarding:
  - ☆ **Notification** (who, when and how),
  - ☆ **Documentation** (who, when and how),
  - ☆ **Applicable staff training** (Will the student's medical team need to provide educational materials? How will all staff be made aware?), and
  - ☆ **Specific Actions to be taken** that will directly help the student in the event of an allergic reaction
- How can I **educate other students** in an age-appropriate way, so as to discourage bullying and empower them to help support children affected by FPIES?
  - ☆ Ask the student's family for insights and ideas; contact us at The FPIES Foundation for resources and suggestions!

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## Books to Read with Students:

- ☆ “Woolfred Cannot Eat Dandelions” by Claudine Crangle
- ☆ “Mangoes for Max” by Dr. Jessica St. Louis
- ☆ “The No-Biggie Bunch” series by Heather Mehra and Kerry McManama

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## Forms to Help Support Students with FPIES

- FPIES Action Plan
- FPIES Emergency Plan
- Parent-Teacher Communication log
- Coping Strategies Worksheets
- 504 Planning Checklist

*For more information about FPIES, documents and forms, visit*

[www.fpiesfoundation.org/resources](http://www.fpiesfoundation.org/resources)

*Or contact The FPIES Foundation for help and support at:*

[contact@thefpiesfoundation.org](mailto:contact@thefpiesfoundation.org)

## Creating an FPIES-Friendly Classroom and School:



### Filling Sensory Tables/Bins

- ☆ Pieces of cut straws can be colorful and great for scooping
- ☆ Beads (pony beads, fuse beads, etc)
- ☆ Stones, “river rocks”
- ☆ Shaped/themed plastic manipulatives (for instance, the dollar store usually sells acrylic hearts in large bags at Valentine's Day)



### Food-Free Classroom Celebrations

- ☆ Host a “Dance Party”
- ☆ Celebrate with a “Crafternoon” (classroom crafts with a party theme)
- ☆ Play BINGO or have kids bring in their favorite board games to share



### Field Trip Safety

- ☆ Find out in advance if there will be any encounters with food on the trip
- ☆ Find out in advance where your class will be eating lunch, if this is part of the trip. How will the area be prepared in order to be safe for your students with FPIES?
- ☆ How will chaperons be educated about FPIES? Provide wipes/safe cleaning materials for the adult supervising your student(s) with FPIES
- ☆ In the event of an FPIES reaction, what is the plan? Where is the nearest hospital? Who will carry the student's medical plan with them on the trip?



### School-wide Events (i.e. field day)

- ☆ Inform and educate all participating staff about FPIES and ensure that all activities will be safe for all students, including those with FPIES
- ☆ Advocate for 100% food-free school-wide events. If there will be food at an event, work with staff to designate specific areas for food that are not close to activity areas
- ☆ Provide hand washing/hand wiping stations for students to use after eating. Staff members should monitor stations to ensure their proper use.