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Parent

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Back to School

Back to School Food Allergy Guide:

What Parents Need to Know

(BPT) - Children spend anywhere from 800 to 1,100 hours at school each year. For those with food allergies, that time comes with added risks. From cafeteria meals to classroom snacks, the risk of a food allergy exposure is an everyday concern.

And with good reason: The U.S. Centers for Disease Control and Prevention (CDC) estimates that 1 in 13 children - roughly two per classroom - are affected by food allergies. Of those, 42% have experienced at least one severe allergic reaction, known as anaphylaxis. For children at risk, even a small exposure can be life-threatening.

The good news? With the right preparation, you can help your child manage food allergies with care and consistency. Discover how to educate, plan and confidently communicate with school staff and other parents to support your child throughout the school year.

Awareness and education are key

What is a food allergy? Simply put, it's an allergic reaction that occurs after eating a food allergen. Your body's immune system mistakenly responds to a certain food as if it were a harmful germ, causing an allergic reaction.

In children, the most common food allergies are to peanuts, tree nuts, milk, eggs, fin fish and shellfish.

A serious allergic reaction involves two or more body organs - the skin, lungs, stomach and/or heart. Symptoms may include:

- Hives on the skin, sometimes on several parts of the body
- Shortness of breath, wheezing, repetitive cough
- Tightness in the throat, hoarse, trouble swallowing
- Swelling of the tongue, lips or throat
- Stomach discomfort such as abdominal cramps, diarrhea or vomiting

- Blood pressure changes
- Pale, faint, dizzy, confused

Epinephrine is the only medication that can stop anaphylaxis. Administer it as soon as possible. Remember the rule: "Epinephrine First, Epinephrine Fast."

10 tips for a safe school year

Here are 10 essential tasks to help ensure your child with food allergies is safe, supported and included at school.

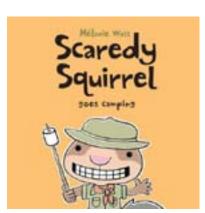
- Schedule a back-to-school health checkup. Obtain updated medication forms, epinephrine prescriptions and an emergency care plan. Discuss whether new food allergy therapies - such as biologics - might offer added protection in case of accidental exposure.
- Meet with school staff. Discuss food allergy accommodations in the cafeteria and classroom. Review the emergency plan. This is especially important if your child starts a new school.

- Teach your child how to stay safe. Help your child recognize signs of an allergic reaction and understand when and how to ask for help. Make sure your child knows who to turn to and what steps to take in an emergency.
- Be ready for the first day of school. Submit all required school health forms, drop off your child's epinephrine and share a copy of the emergency care plan.
- Pack allergy-safe meals and snacks. Make sure your child only eats what is safe based on his or her dietary restrictions.
- Plan for snacks and special events.
 Confirm school policies for snack times and meals during field trips.
 Encourage no sharing of food.
- Ensure epinephrine is easy to access.
 Find out if the school stocks epinephrine, where it's stored, and if the staff is trained to administer it in an emergency. Remember, your child

- is permitted by law to self-carry an epinephrine device.
- Address bullying and exclusion. Talk with your child about speaking up if they are being excluded, teased or bullied due to food allergies. Encourage talking with a trusted adult.
- Check in with your child. Make it a habit to ask your child how things are going at school, including if there's any difficulty managing food allergies.
- Keep the conversation going. Communication between home and school is key. Keep teachers, school nurses and staff informed of any changes in your child's health or needs.

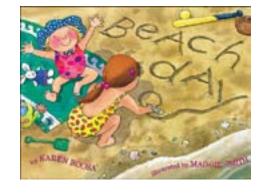
Food allergies don't have to get in the way of a safe, fun school year. With a little planning and teamwork, you can help your child thrive in and out of the classroom. For more information, tools and resources, visit AllergyAsthmaNetwork.org.







Children's Book Reviews



By Cathy A. Morrow

Summer is drawing near its end and cooler weather is coming. I thought I would share two books that look back at some of the outdoor things we enjoy in the summer season like camping and going to the beach.

SCAREDY SQUIRREL Goes Camping Written and Illustrated by Melanie Watt Random House, New York, Publishers Best for Ages 4 and up

Have you ever known anyone who was afraid to try new things, because things might go wrong or it seemed too scary? If you have or if you have ever felt that way yourself, then this book is for you. Scaredy Squirrel likes the idea of camping, but he is afraid of getting too close to skunks, quicksand, bears or having to use zippers. He would rather watch a television program on camping and enjoy it that way. So, one day he tries to set up his new television, then realizes that he needs to plug it in to an electrical outlet. The nearest outlet is in a nearby campground. He knows he will need survival supplies and a safe plan and know what to do, if the weather changes. The next morning with everything in place, he sets out on his journey. Very soon he runs into a pen-

guin!! Scaredy Squirrel runs and hides. He waits 1 hour, 2 hours, 3 hours...Will he ever complete his journey? Will he finally get to plug in his television? Will he finally realize that actual camping is awesome?

This is a simple story with cute illustrations and a message that sometimes trying something new CAN lead to a joyful experience,

Terry Teddy and I give this book -- -- four paws



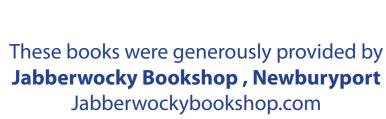
BEACH DAY Written by Karen Roosa Illustrated by Maggie Smith Houghton Mifflin Harcourt, Publisher Best for Ages 3 and up

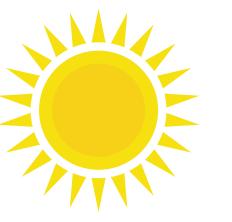
A trip to the beach is not just about sand and water. There is SO much to do if you use your imagination and bring lots of other toys. The scenery alone is worth the time it takes to get there. The ocean waves roaring, the sun sparkling on the water. There is a lot of family fun to have. It's great playing ball or even making sandcastles and being able to run with your dog. You can even have a very tasty picnic lunch on the beach. After lunch, maybe a quick nap under your beach um-brella. All possibilities are endless.

This delightful book with its tempting illustrations help inspire everyone to travel to the beach, especially during the hot summer days. Even through September you can find those wonderful days that are just Perfect for going to the beach, before the temperatures dip too far

Terry Teddy and give this book four paws up.







Kindness Makes a Difference

By Maria Luisa Salcines

I heard a story about the north wind and the sun on the Disney Channel. The north wind tells the sun it can blow a coat off a man walking on earth. The wind gathers all its strength and blows, but the man holds on tight to his coat, and no matter how hard the north wind tries, he can't blow the coat off the man. Exhausted, he returns to the sun.

The sun begins to shine brighter and brighter until it becomes too warm for the man to wear his coat. When you're happy and bright towards a person, not only will they do what you want them to do, but you might also help change their life.

When I was growing up and would wake up in a grouchy mood, my mother would always remind me that my bad mood had nothing to do with the rest of the world. She always reminded me I had to be kind to others despite my problems.

At one time or another, we have all encountered the grouch, the bad-tempered person we accidentally bump into who turns to you and lets you have it. These people seldom smile. They always see the negative in life. When something bad happens to others, they're often glad it happened to someone else for a change instead of feeling sympathetic. The interesting thing about these individuals is that if you analyze their lives, you will see that their problems aren't that different from those of the average person. They just live life as though they are the only ones suffering on this earth. I know people who are ill, and their kindness, consideration, and cheerfulness make everyone around them feel good.

I believe in magical connections and blessed encounters. I think every person we come in contact with, whether it is someone we bump into at the grocery store or our closest friend, we do so for a reason.

However, we seldom allow ourselves to connect with others. We share the world with billions of people, but we put up boundaries. Sometimes, it is far more important to show kindness to a stranger than to be unkind to someone we know, and we will have the opportunity to apologize.

None of us can know what another person is feeling inside. None of us can guess the problems a person might be experiencing and how a smile or kind gesture can help make their life seem better.

It's so easy to show kindness because big and little things all matter A smile, opening someone's door, holding someone's hand, hugging someone, or sitting quietly beside someone hurting. These actions matter and mean more than words.

Children learn when they are encouraged by the things they do correctly. Make it a point to acknowledge the kind things they say and

The English poet William Woodsworth wrote, "The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love."

Throughout history, a few kind words have encouraged people to do great things with their lives. A smile and a handshake have the power to change the world.

Maria Luisa Salcines is a freelance writer, author, and certified parent coach with The Academy of Parenting Education and Coaching in Redirecting Children's Behavior and Redirecting for a Cooperative Classroom. She co-authored You Can Do It, Chickadee, and You Can Do It, Tex, award-winning children's books about depression and anxiety. Follow her on Instagram @mlsalcinespoweroffamily, @youcandoitbooks, or contact her on her website FamilyLifeAndFinding-Happy.com.



Merrimack Valley Calendar of Events



September

Tuesday, September 2

CLASSIC MATINEES: BACK TO SCHOOL TUESDAY, SEPTEMBER 2 10:00 AM—12:15 Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Join us in watching some of classics celebrating getting back to school. Today is Footloose (1984) starring Kevin Bacon and Chris Penn.

LEGO LINK-UP

No Registration Required

TUESDAY, SEPTEMBER 2 4:00—5:00 PM Cavallaro Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 LEGO Link-Up

"Link-up" with other LEGO lovers and and let your creativity flow! Spend the hour creating a LEGO masterpiece! Recommended for ages 4-11. No Registration Required!

CHESS CLUB

TUESDAY, SEPTEMBER 2 6:00—8:00 PM Milhendler Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Are you looking to challenge someone in a game of Chess? Drop by our monthly Chess Club! All ages welcome! We will have a few sets available for use, but we recommend bringing your own if you are able! No Registration Required

Wednesday, September 3

TEEN FILMMAKING CLASS FILM PREMIERE WEDNESDAY, SEPTEMBER 3 5:00—5:30 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Come view the short film students have been working on creating for the past 6 weeks!

> All welcome. No Registration Required

Thursday, September 4

EXPLORATION STORYTIME (2 - 6 YEAR OLDS) THURSDAY, SEPTEMBER 4 10:30—11:15 AM

Side Lawn Amesbury Public Library 149 Main St., Amesbury, MA, 01913 Ages: 2 year - 6 years

Join Rebecca for in-person storytime in our side yard! This storytime is great for ages 2 to 6 year olds with stories and interactive activities. The end of storytime includes stations set up around the group to ex-

plore, create, and learn! Program is outdoors so bring a blanket or chair to sit on (we have some as well).

Storytime! No registration required but program is outdoors so if the weather is bad, this program will be cancelled

Please read our expectations for atten-

dance and we look forward to seeing at

Free No Registration Required

FRIENDSHIP BRACELETS THURSDAY, SEPTEMBER 4 4:00—5:00 PM Cavallaro Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Join us for a fun and creative event where all materials are provided! Craft a bracelet for yourself, a loved one, or exchange with others at the library. Celebrate friendship and creativity together!

For ages 8 - 14 Registration required

Friday, September 5

CREATION STATION FRIDAY, SEPTEMBER 5 11:00 AM—12:00 PM Cavallaro Room Haverhill Public Library 99

Main Street, Haverhill, MA, 01830 Creation Station

Experiment with some new types of art, materials, and styles.

Wear old clothes--sometimes we get messy!

Recommended for ages 3-5 Registration Required

Saturday, September 6

CRAFT BUFFET SATURDAY, SEPTEMBER 6 1:00—4:00 PM Children's Activity Room Newburyport Public Library Newburyport Public Library, 94 State Street, Newburyport, MA, 01950 Craft Buffet

Stop by our Activity Room, have a snack, and enjoy a variety of simple, no-mess crafts!

Drop in any time between 1:00 and 4:00 p.m. This program is open to kids of all ages and abilities. No Registration Required

MINI MOSAICS

SATURDAY, SEPTEMBER 6 3:00—4:00 PM Cavallaro Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Join us for a fun and creative afternoon making beautiful mosaics out of air-dry

clay! Shape, design, and assemble clay pieces to form your very own mosaic masterpiece. We'll provide all the materials—just bring your imagination!

For ages 6-11 Registration Required

Tuesday, September 9

COOKIES & COLORING TUESDAY, SEPTEMBER 9 3:00—4:30 PM Children's Activity Room Newburyport Public Library Newburyport Public Library,

94 State Street, Newburyport, MA, 01950 Cookies & Coloring What could be better than an afternoon of cookies & coloring? Join us to relax with coloring sheets, crayons and markers, and

time between 3:00 and 4:30. Kids of all ages and abilities are welcome. Please contact the Children's Room if you have concerns about allergies, as we want to provide a safe and enjoyable program

individually wrapped cookies. Drop in any

for everyone. No Registration Required

STORYTIME AT CIDER HILL TUESDAY, SEPTEMBER 9 10:00—10:45 AM Cider Hill Farm

Join Clare at Cider Hill Farm for a Storytime time (aimed at ages 2 and up). We'll be by the chickens and have lots of farm-y fun! Register through Cider Hill Farm for this

family fun event! No Registration Required

Thursday, September 11

BILINGUAL STORYTIME/ CUENTOS BIL-INGÜF THURSDAY, SEPTEMBER 11 10:00—11:00

Cavallaro Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Designed for children ages 2-6, with a caregiver. Join Moira from Family Connections for stories, songs, and fun in English and Spanish! This playful storytime supports early language learning and celebrates both languages through books, music, and age appropriate activities. Registration

required. Diseñado para niños de 2 a 6 años, acompañados por un adulto. ¡Acompáñanos para disfrutar de cuentos, canciones y diversión en inglés y español! Esta hora de cuentos apoya el aprendizaje temprano del idioma a través de libros, música y actividades apropiadas para la edad. Registro



Registration for this event opens Thursday, August 28 at 8:00 AM.

TEEN CRAFTERNOON: SNEAKER **KEYCHAINS**

THURSDAY, SEPTEMBER 11 4:00—5:00 PM Cavallaro Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Design your own sneaker keychain using markers, paint, and other decorative items! Ages 11-18

Registration for this event opens Thursday, August 28 at 8:00 AM.

Friday, September 12 VISIT WITH RAPUNZEL!

FRIDAY, SEPTEMBER 12 3:30—4:30 PM Side Lawn Amesbury Public Library 149 Main St., Amesbury, MA, 01913 All Ages!

Come meet Rapunzel as she reads some stories, sings, and dances. Take some pictures and do a princess craft on this fun and magical afternoon. Come dressed as your own princess!

This program is outdoors and subject to weather.

Please only service animals and no pets at our programs.

For more information contact the Youth Services department at ys@amesburylibrary.org or 978-388-8148 x4 FRFF

No Registration Required

Saturday, September 13

EDIBLE FINGER PAINTING FOR BABIES SATURDAY, SEPTEMBER 13 11:00 AM— 12:00 PM Cavallaro Room Haverhill Public Library 99

Main Street, Haverhill, MA, 01830 This sensory-rich activity allows babies to explore textures, colors, and creativity through safe, edible finger paints. This serves as a fun, interactive way for your little one to start expressing themselves through art while also socializing with other babies. Be sure to bring a change of clothes as this will get messy!

For ages 0 –12 months Registration required Registration for this event opens Saturday, August 30 at 8:00 AM.

Monday, September 15

BIG KIDS STORY TIME WITH MISS ALLISON MONDAY, SEPTEMBER 15 1:30—2:15 PM

Children's Activity Room Newburyport Public Library Newburyport Public Library, 94 State Street, Newburyport, MA, 01950 Big Kids Story Time with Miss Allison Join us for books, songs, and fun for children ages 3-6. We combine music and movement with slightly longer stories to help preschoolers improve their attention span. Siblings are welcome.

We have limited space, so we require registration. Please register your entire party so we have an accurate headcount. Our goal is to provide access for as many people as possible. Please choose only one story time to attend per week.

Registration for this event opens Tuesday, September 9 at 9:00 AM.

PAPER AIRPLANE ENGINEERING MONDAY, SEPTEMBER 15 4:00—5:00 PM Cavallaro Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Build and test your own paper airplanes to see how far they can fly! Let your imagination and your creativity soar! For ages 6-12 Registration required Registration for this event opens Monday,

Tuesday, September 16

September 1 at 8:00 AM.

POKEMON CLUBI TUESDAY, SEPTEMBER 16 3:00—4:30 PM Children's Activity Room Newburyport Public Library Newburyport Public Library, 94 State Street, Newburyport, MA, 01950 Pokemon Club!

Do you like Pokemon? Would you like to hang out with other kids who like Pokemon? Drop in for our Pokemon Club! You can bring your cards, see what others have, or play Pokemon. No prior knowledge is necessary.

For grades K-5. Siblings are welcome. Grown-ups, please be advised: we request that attendees don't trade cards unless their adult is there to say it's okay. No Registration Required

DIY LAVA LAMPS

TUESDAY, SEPTEMBER 16 6:00—7:00 PM Cavallaro Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830 Let's get GROOVY! Come make your very own unique lava lamp out of household items and bring it home to enjoy endless mesmerizing fun. Learn a little about science, color, and crafts with this engaging activity.

For ages 6 -13 Registration required Registration for this event opens Tuesday, September 2 at 8:00 AM.

Wednesday, September 17

EMBOSSED FOIL ART WEDNESDAY, SEPTEMBER 17 4:00—5:00 Cavallaro RoomHaverhill Public Library 99

Main Street, Haverhill, MA, 01830 Get creative and make your own shiny masterpiece! We'll be creating embossed foil artwork using aluminum foil, markers, and hot glue. Best for ages 6-12

Registration required Registration for this event opens Wednesday, September 3 at 8:00 AM.

Thursday, September 18

MIDDLE GRADE BOOK CLUB (AGES 8-12) THURSDAY, SEPTEMBER 18 3:30—4:30 PM Children's Activity Room Newburyport Public Library Newburyport Public Library, 94 State Street, Newburyport, MA, 01950 Middle Grade Book Club (Ages 8-12) Not sure what to read next? Looking for a fun after-school activity? Check out our Middle Grade Book Club (Ages 8-12)! Each month we'll meet to discuss a different

book, play games, and eat snacks. No need to read anything before the first meeting of this school year! For this session we'll just chat about our favorite books, learn about some new books, and rank our favorites

Registration is requested (so we can plan snacks accordingly!) but drop-ins are also welcome. Caregivers are not required to stay for this program but kids should know how to get in touch with an adult should the need arise.

Registration for this event opens Monday, September 1 at 9:00 AM.

Saturday, September 20

ARTS & CRAFTS SUPPLIES SWAP WITH THE AMESBURY GREEN TEAM SATURDAY, SEPTEMBER 20 10:00 AM— 12:30 PM Side Lawn Amesbury Public Library 149

Main St., Amesbury, MA, 01913

Your Own Apples & Pumpkins! Míď-September through October Weekends Only Hayrides, Animals Playground, Picnic Area Cíder & Donuts Fall Festival Saturday, October 4



133 Neck Road, Ward Hill, Haverhill, MA 978-372-4780 www.rogersspringhill.com



- Nurtured, Educated and Inspired
- Enrichment programs
- Time spent in nature

OPEN ENROLLMENT

DOWLEY MA

CONTACTUS



Out with the old, in with the new-to-you! Bring items to swap, take items you can use! This is part of a seven-month swap series in conjunction with the Amesbury Green Team.

How it works: On the day of the swap, from 10-12, bring your items that fit the theme. Leave them on the tables on the library's side lawn for someone else to use, and take anything that looks good to you. You don't have to drop off any items to take items! Members of the Amesbury Green Team will be at the tables to facilitate the event and will responsibly dispose of any leftover items.

This program is outdoors and will be rescheduled or canceled in the case of inclement weather. Please note: no pets, only service animals are welcome at our programs.

Future swaps in the series: October 4: Indoor Plants LIBRARY CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607

Sign up for our e-newsletter and be among the first to learn about all of our programs and events.

No Registration Required

Tuesday, September 23 CRAFT CORNER TUESDAY, SEPTEMBER 23 3:00—4:30 PM Children's Activity Room Newburyport Public Library Newburyport Public Library, 94 State Street, Newburyport, MA Craft Corner

Join Miss Isa and make a simple craft. This program is open to kids of all ages and abilities. Drop in any time between 3:00 and 4:30 p.m.

No Registration Required

DUNGEONS AND DRAGONS FOR 13 - 18 YEARS

WEDNESDAY, SEPTEMBER 24 4:00—6:00 Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913 Ages 13 - 18 years old

Come play in a Dungeons and Dragons ongoing campaign! You'll create your own characters and build the story session to session. Come if you're a beginner or if you know the rules. All are welcome!

Registration is required and is for all 7 weeks. The sessions take place every other

The first session is session 0 and will involve creating character and setting the story

Wednesday for 2 hours.

Saturday, September 27

PK PARENT CHILD PLAY SATURDAY, SEPTEMBER 27 10:00—11:00 Cavallaro RoomHaverhill Public Library 99
Main Street, Haverhill, MA, 01830
Join Nicole from Family Connections for a
fun and interactive playtime designed for
preschoolers (age 2-5) and their caregivers.
Together, you'll explore age-appropriate
toys and activities that encourage early
learning, creativity, and social skills. This
supportive space fosters bonding, play,
and school readiness in a relaxed, welcoming environment.

Registration required Registration for this event opens Saturday, September 13 at 8:00 AM.

Tuesday, September 30

STEM STRUCTURES

TUESDAY, SEPTEMBER 30 3:00—4:30 PM Children's Activity Room Newburyport Public Library Newburyport Public Library, 94 State Street, Newburyport, MA, 01950 STEM Structures

Come play with a variety of building toys, including magnetic tiles. Kids of all ages and abilities are welcome, but please take note that some of these building toys have small pieces.

Drop in to our Activity Room any time between 3:00 and 4:30 p.m. to participate. No Registration Required LITTLE GROOVE MUSIC FOR LITTLE ONES TUESDAY, SEPTEMBER 30 10:30—11:15 AM Side Lawn Amesbury Public Library 149 Main St., Amesbury, MA, 01913 Little Groove Music for Little Ones Best for ages 14 months - 4 years old (and their caregivers!)

Join Little Groove Music for a fun music class in our outdoor programming space. You'll be moving and grooving, dancing and swaying as little ones sing and jam out. Bring a blanket to sit on and have some fun!

This program is outdoors and subject to change with the weather!

No registration required.

Thank you to Amesbury Youth Funding for funding this program

No pets, only service animals are welcome at our programs

Free

No Registration Required

Please send any events you would like considered for the Calendar of Events to Editor@merrimackvalleyparent.com

* THE PIKE SCHOOL * Outdoor *

* Movie Night

Join us for a night under the stars at this year's Outdoor Movie Night featuring: "The Wild Robot." Bring your chairs and blankets and we'll provide the snacks.



Friday, September 26



7:00 p.m.



The Pike School: 34 Sunset Rock Road, Andover, MA

