

# Food Allergy Boot Camp

Learn everything you need to know about childhood food allergies in this two-hour deep-dive session. Led by [Stanford Children's Health pediatric allergy specialists](#), this event is perfect for new parents who want to learn how to prevent food allergies as well as parents and caregivers of children with food allergies who are looking for ways to better manage their child's condition.

**February 28, 2018**

6:30 p.m. – 8:30 p.m.

Auditorium, West Building

[Lucile Packard Children's Hospital Stanford](#)

725 Welch Road

Palo Alto, CA 94304

RSVP to [allergy@stanfordchildrens.org](mailto:allergy@stanfordchildrens.org)

## What you'll learn:

### Food allergies 101

- What causes food allergies?
- Who is at risk for developing food allergies?
- What are the signs that your child is developing a food allergy?

### Preventing food allergies

- How and when can you safely introduce allergenic foods into your child's diet? Why does this help prevent food allergies?
- What are the new guidelines on when and how to introduce peanuts into your child's diet?

### Diagnosing food allergies

- How are food allergies diagnosed? How do you interpret your child's skin and blood tests? Which testing method is best?
- What's an oral food challenge, why is it important, and what should my child expect?

### Food allergy anaphylaxis

- What are the symptoms of food allergy reactions, and when should I treat my child?
- How do I use an epinephrine auto injector?

### Managing food allergies

- How can I avoid accidental exposure to allergenic foods in daily life and while traveling?
- What is oral immunotherapy, and is it right for my child?

### Future developments

- Is there a cure on the horizon?