

# **Child Care Training and Resource Kit**

## **Allergy Lesson Plan**

# ALLERGY IN CHILD CARE LESSON PLAN

**Course Length:** 1 1/2 hours

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**Objectives:** Participant will:

- Understand what an allergen is and how it affects the body.
- Know the most common allergens.
- Know the most common syndromes caused by allergies.
- Describe how to keep a child with allergies safe in child care.

**Public health staff in Washington State has provided all of the materials in the Child Care Training and Resource Kit. The only materials included are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.**

**How to use the Child Care Training and Resource Kits:** Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the Internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

## **Allergy**

**Teacher Notes:** See the Teacher Notes file.

**Overheads:** See the Overheads File.

**Handouts:** See Handout file. The Outline is the only Handout for this lesson.

### **Instructor Enrichment:**

- Allergy Related Websites

### **Materials Needed:**

- Overheads
- Epi-Pen demonstrator

<p>Activity: <b>Welcome and Introductions:</b></p>	<p>Process: <b>Welcome and Introductions:</b> Introduce self and have all participants introduce themselves, mentioning an allergy experience that they have had.</p>	<p>Time: 15 minutes</p>	<p>Materials: <b>Welcome and Introductions:</b></p>
<p><b>Interactive Lecture:</b></p>	<p><b>Interactive Lecture:</b> Using overheads or power point presentation and teacher notes, present the allergy material.</p>	<p>45 minutes</p>	<p><b>Interactive Lecture:</b> Overheads or power point with appropriate AV equipment.</p>
<p><b>Discussion:</b></p>	<p><b>Discussion:</b> Using sample forms and epi-pen, discuss how to maintain a child in group care and what the challenges of that might be.</p>	<p>20 minutes</p>	<p><b>Discussion:</b> Sample forms and epi-pen demonstrator.</p>
<p><b>Evaluations:</b></p>	<p><b>Evaluations:</b></p>	<p>10 minutes</p>	<p><b>Evaluations:</b> forms</p>