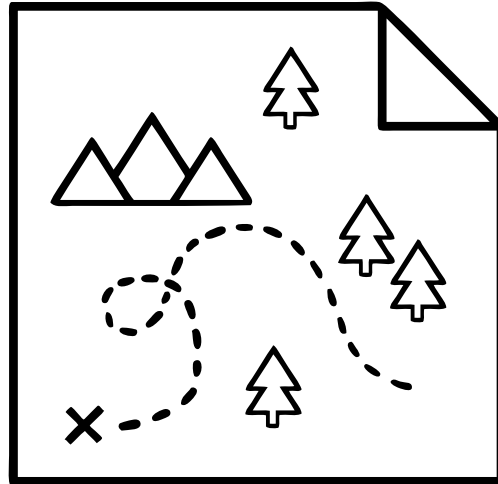


# Creating Your Confidence Map for Oral Food Challenges

Parent Note: Exploring *Food Allergy Families* podcast episode 13 offers tips on navigating oral food challenge anxiety. Listen via any podcast app or at [www.FoodAllergyFamilies.com](http://www.FoodAllergyFamilies.com)

Getting ready for an oral food challenge might make you feel nervous or worried.

Many have these feelings about new experiences like oral food challenges.



But planning and preparing before new experiences helps to calm those nerves.

This worksheet helps you get ready for your oral food challenge so you can tell your nerves, "I can do this!"

**Calming Tip - Use this breathing activity to help calm your mind and body when you're feeling nervous:**

- Inhale (breathe in) like you're smelling a yummy cupcake in front of you
- Then exhale (breathe out) like you're blowing out a candle that's on top of the cupcake
- Repeat the inhale/exhale activity 5 times and see how you feel, repeating again if you need to

## 1st Stop: Your Feelings

I notice I feel \_\_\_\_\_ when I think about doing the oral food challenge.

Examples of feelings:

Nervous, worried, excited, curious, fine, sad, mad, confused, unsure, proud, calm, ready

## 2nd Stop: Your Body

When I think about doing the oral food challenge, I notice my body feels \_\_\_\_\_.

Examples of sensations:

Upset tummy, energetic, unable to sleep, sweaty, tired, sore, tight muscles, headache

## 3rd Stop: Your Plan

I want to bring these items - things that make me feel better and fun things to do:

## 4th Stop: Your Questions

These are the questions I have or things I want to know about the oral food challenge:

# Creating Your Confidence Map for Oral Food Challenges

After your oral food challenge, it's a good idea to share how you feel about the experience and what you've learned from it. Use this page to write down (and draw) all about your recent oral food challenge!

Here's what I learned about myself and my food allergy after doing the oral food challenge:

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What helped me the most during the oral food challenge was:

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If I have to do an oral food challenge again, what I would do differently is:

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If a friend was getting ready for an oral food challenge, I would tell them this:

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