About 17% of German children and adolescents suffer from at least one of the following atopic illnesses: allergic rhinoconjunctivitis, atopic eczema or asthma. Consistent professional therapy is necessary to limit the health-related risks and improve these medical conditions. The consequences of a diagnosis often mean an additional task for the parents of diseased children, where they have to act simultaneously as an educator and therapist for their children. Structured educational programmes were developed for a few diseases such as asthma and atopic eczema in order to prepare parents and affected children to accept this important responsibility. Moreover, a structured programme for anaphylaxis is being developed. These proposals aim not only to transfer knowledge about the disease but also to effectively support self-reliant treatment and emotional coping with the disease as well as its collateral strain.