

Allergies in babies

Family history of things like eczema, hay fever or asthma can increase the chances of a baby developing an allergy. If this is the case then for around the first six months exclusive breastfeeding is advised.

If you are concerned that your baby may be at risk of developing allergies, it is important not to delay introducing possible allergens. Instead you can introduce possible allergy causing foods one at a time starting with a small quantity after 6 months of age allows any reaction to be spotted.

Allergy causing foods can be:

- > Peanuts
- > All other nuts
- > Wheat and gluten containing foods
- > Seeds
- > Eggs
- > Soya
- > Fish and shellfish
- > Milk

Goats milk is not suitable for a child with an allergy to cow's milk. It should not be given unless advised by your healthcare professional.

If you are trying to introduce your child to nuts, then please remember to finely chop these to avoid choking hazards, alternatively they can be given as nut butters

Peanut Allergy

- > If there is a history in the immediate family of allergy for your child, then please speak to a healthcare professional before introducing your child to peanuts. ? is this correct
- > If your child has already been diagnosed with an allergy, then they are at higher risk of developing an allergy to peanuts. In this case, it is advised to speak to your healthcare professional. Why?
- > If your child has no known allergies and no known history of allergies, then you can introduce finely chopped peanuts or a nut butter as part of their balanced diet from the age of 6 months.