

CHAPTER 5

FOCUSED GUIDE ON REINTRODUCTION FOLLOWING INTRODUCTION TO SOLIDS

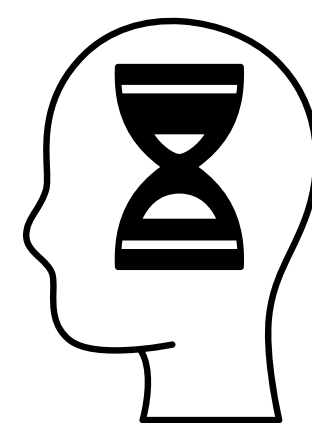
Introduction of allergenic food to a child with food allergy can be a scary journey. With the right support, this can be done safely either at home (in the community) for mild to moderate food allergy or in the clinic with a health team for severe food allergy.

Do note that the reintroduction in both the community and clinic is fully supported by appropriate healthcare professionals.



It is important to start the reintroduction as early as possible following confirmation of food allergy. A dietitian can guide with this in a stepwise approach. It is also important that the allergic reaction or impact is well controlled and eliminated before the gradual reintroduction.

It is important to be patient with the reintroduction process in each step of the ladder. It is crucial for the child to fully tolerate the amount of food containing the allergen in each level before progressing to the next step. Should the child react at a particular level, stop and follow the due process of waiting and restarting at the appropriate time. Patience is key.



Patience



Throughout the process of reintroduction, do have fun with the process so that you as a parent or the child does not feel under pressure to complete the reintroduction. Every child is different and the process will be different for each child. This highlights the need to enjoy the process and have fun whilst doing it.

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General Guide/ tips on food challenge and reintroduction

- Make sure the child is well. Do not start the challenge if the child is teething, have a cold or infection etc. It is vital for the child to be ok to ensure you can spot if there is a reaction during the challenge.
- If possible, this should be done at home in a calm environment under supervision (parental or adult).
- If the child gets eczema or asthmatic, do not start the challenge unless their symptoms are well control.
- As much as possible carry out the reintroduction/ challenge in the morning to allow plenty time to observe any symptoms. Offering the reintroduction food in the evening or night is not good as an allergic reaction may not be spotted.
- Have oral antihistamine handy during reintroduction.