

Tots 2 Teens Allergies



**Choosing
Allergen-Free
Products**





Choosing the right products for your little one takes you closer towards getting a handle on allergies and eczema.

When my daughter's cow's milk and egg allergies were diagnosed, choosing the right food and products became crucial for her care.

There are 3 key choices you can make:



For food, choose organic and allergen-free



As a scientist and mum, I wanted my child to have the best start in life and it will be no different for you. Choosing organic food is one way to ensure that you are minimising your child's exposure to allergens.

Organic food refers to food that has been produced with minimal processing; this is made possible through the lower levels of pesticides, artificial fertilisers or genetically modified organisms (GMOs) used. Not only is organic good for your child, it is also good for the environment.

To ensure your child's foods are free from allergens, check the ingredients list thoroughly so that you do not mistakenly feed them with something that triggers the allergy. Thankfully, there are tools to help us achieve this. One I still find useful is the FoodMaestro app.

For clothing, choose cotton




To help your child's skin, consider using cotton clothing especially as a base and first contact with the skin. Cotton is loose, doesn't aggravate the skin and allows it to breathe. Silk is also another great alternative for the same reasons.

My daughter had so many cute knit outfits that she could not wear but I had to do the right thing for her. Her skin was delicate and needed tender loving care – one of the ways to do this was to just use cotton.

For skin care products and detergent, choose wisely



Choosing the appropriate body care is paramount and this can be discussed with a dermatologist – skin care specialist – to identify the right products for your child's skin. Fragrance-free skin and body care products and non-bio eco detergents are the best for your child with allergies. There are a lot of organic baby skin care products that can be used to alleviate the skin irritation. Your doctor can also prescribe specialist skin products ranging from emollients, ointments and topical steroids.



To learn more about emollients and ointments, check out our resource on **'Emollient or Ointment?'**



Have a great day ahead.



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