

# Dietary Management of Cow's Milk Protein Allergy in Children

The resources below have been recommended to you now that your child needs to follow a diet free from all cow's milk protein.

It is advisable to watch video 1, 2 and/or 3, video 4 and 5 relating to cow's milk protein free diets:

- Video 1: Your introduction to milk allergies
- Video 2/3: Advice for breast fed/formula fed babies
- Video 4: Advice for reintroduction of milk
- Video 5: Advice for meeting nutritional needs without milk

## 1) **Patient Webinars:**

[www.firstcommunityhealthcare.co.uk/cows-milk-allergy](http://www.firstcommunityhealthcare.co.uk/cows-milk-allergy)

## 2) **Written Information:**

<https://www.ashfordstpeters.net/paediatric-allergy/dietary-information.html>

- [Milk Allergy – Initial Factsheet for Parents](#)
- [Milk Allergy – Food Factsheet](#)
- [Milk Allergy – Re-introduction Guide for Parents to Confirm Diagnosis](#)
- [Milk Allergy – iMAP Milk Ladder](#)
- [Milk Allergy – iMAP Recipes: Step 1, Step 2 & Step 3](#)
- [Food Allergy – Preventing Food Allergy in Your Baby](#)
  
- [Cow's Milk Free Diet for Infants & Children](#)
- [Cow's Milk & Soya Free Diet for Infants & Children](#)

## **Other resources regarding nutrient enrichment of the diet:**

<https://www.bda.uk.com/resource/iodine.html>

<https://www.bda.uk.com/resource/calcium.html>

Once you have watched these webinars, you can download the parent information leaflets available for further practical management on the avoidance of cow's milk protein in your child's diet.

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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