



Welcome!

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This information is a guideline based on current research, but should not be considered medical advice.
Always consult with your pediatrician before introducing allergens to baby.

The information in the following handouts was designed for professionals attending Melanie Potock's Masterclass,

Food Allergies: *Safe Introduction and Management in Feeding Therapy.*

Holly Knotowicz, MS, CCC-SLP is the co-presenter.

We strongly recommend that you take the Masterclass in order to fully understand the research and the information outlined in these handouts.

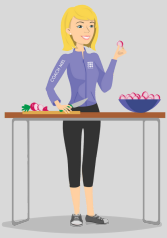
The course can be found here
mymunchbug.com/food-allergies-masterclass/

Thank you!



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Baby's Allergen Exposure Chart

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Dates:

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Food	Sunday	Monday	Tuesday	Notes
Peanut				
Chicken Egg				
Cow's Milk				
Wheat				
Soy				
Tree Nut				
Fish				
Shellfish				
Sesame				

Overlap Page 1 & 2 Here





Baby's Allergen Exposure Chart

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Dates:

Wednesday

Thursday

Friday

Saturday

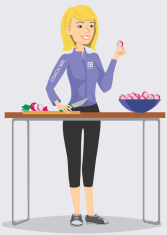
Notes

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How to Start: Keep it Simple

Part 1

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Always consult with your pediatrician before introducing allergens to baby.

Below you'll find simple ways to start serving 1 to 2 teaspoons of each allergen to baby when introducing solid foods at about 6 months. As baby's feeding skills develop, offer age-appropriate safe servings in a variety of ways that are convenient for you to serve on a consistent basis each week. See parts 2 & 3 for specific instructions.

Peanuts: Smooth peanut butter (with no added sugar). Thin it with equal parts water, breast milk or formula since thick peanut butter can be a choking hazard.

Chicken eggs: Cook both whites & yolk by scrambling well or boiled & mashed.

Cow's milk: Full-fat yogurt (with no added sugar). No liquid cow's milk till after age one.

Wheat: Infant wheat cereals thinned with formula or breast milk

Soy: Soft tofu (smashed)

Tree nuts: Smooth, thinned nut butters

Fish: Low mercury fish (like tilapia, salmon or trout) cooked & flaked with bones removed

Shellfish: Very finely chopped & mixed with a small amount of puree for easy swallowing

Sesame: Tahini is a sesame puree that keeps well in the refrigerator. Sesame seeds can also be ground by using a rolling pin & mixed into a small amount of puree.





How Much & How Often

Part 2

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Offer 1 to 2 teaspoons of one allergen: Mashed or pureed is easiest. This consistency lets you know that baby is swallowing enough to reduce the risk of future allergies. Thinning that teaspoon with an equal amount of breastmilk, water or formula is helpful for thicker foods, like nut butters, which present choking risk if not thinned down. If baby isn't interested in trying the new food, just try again the next day. Keeping mealtimes joyful & stress-free is one of the most important things we can do when we feed our kids!

Ideally, pick a time when your baby will be awake for about two hours so that you can monitor for reactions.

Offer the same food the next day. If no reactions, you can offer a teaspoon of another allergen on the list the following day. Offer two days in a row & if no reactions, then offer a new allergen from the list. Your chart might start out looking like this:

Food	Sunday	Monday	Tuesday
Peanut	1 tsp at 3 p.m.	2 tsp at 4 p.m.	
Chicken Egg			2 tsp at 3 p.m.

Please discuss this with your pediatrician for specific medical advice.



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Keeping Track over Time

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Part 3

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Try to offer the allergens that baby has already tried (with no reactions) a few times per week to continue to decrease the risk of reactions in the future. Now you can mix them into any other foods that baby enjoys, if you're confident baby will still consume about 1 to 2 teaspoons of the allergen. Post your chart in your kitchen where you can easily check off when the food was served & how much was consumed. Baby will eat more with time & after 4 to 8 weeks you'll only have to make a check mark to ensure you're rotating through the allergens in no particular order. This will ensure that allergens stay in baby's food rotation till baby's first birthday to reduce the risk of developing food allergies in the future.

Stop serving that food if you notice any one of these symptoms:

Skin: rash; itching; swelling of lips, tongue, eyes, ears or face

Nervous system: drowsiness, lethargy, uncharacteristic irritability

Color change: bluish, flushed, or pale color. For babies with darker skin, look for color changes in the lips, gums, tongue, and/or fingernails

Lungs: coughing, wheezing or noisy breathing, trouble breathing

Digestive system: vomiting, diarrhea, mucous in stool, rash (especially in diaper area), unusual repetitive gagging

Call 911 immediately if baby is having any difficulty breathing or if you're concerned that the reaction is getting worse. Call your pediatrician to report any reaction.



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