

Introducing nuts into children for the first time (in non-choking form)

Following your child's assessment we have advised that you can introduce nuts into their diet.

The nuts we have advised introduction of are:

1. Dab a small amount of nut butter on the skin of forearm. Leave for a few minutes then wipe off. Observe for 2 hours. **IF YOUR CHILD REACTS DO NOT INTRODUCE. GIVE DOSE OF ANTIHISTAMINE.** If no reaction you can proceed to step 2 **If your child's symptoms do not resolve after antihistamine or you are concerned seek immediate medical advice (999)**
2. Dab a small amount of the nut butter onto your child's lip. Leave for a few minutes then wipe off. Observe for 2 hours. **IF YOUR CHILD REACTS DO NOT INTRODUCE. GIVE DOSE OF ANTIHISTAMINE.** If no reaction you can proceed to step 3
3. Give a small amount of the nut butter to eat. . **IF YOUR CHILD REACTS DO NOT INTRODUCE. GIVE DOSE OF ANTIHISTAMINE.** If no reaction you can continue giving to your child as normal.

Contact number for advice (Monday to Thursday 9-5pm): Allergy Nurse Specialist on 0300 019 3111

If your child has an allergic reaction during home re-introduction please contact the allergy nurse specialist for advice on the number above.