

DOES YOUR CHILD HAVE A FOOD ALLERGY?

Talk to your dietitian



THE DIETITIAN'S ROLE

A dietitian has met education and credentialing requirements and:

- Helps to promote health and well-being and manage conditions related to nutrition
- Provides nutrition education and guidance based on current scientific evidence

You and your dietitian have the same goal in mind: improving your child's health

GETTING TO KNOW YOU



One of the first steps in meeting with a dietitian is to review details about your child's food allergy and medical history



It's a good idea to keep a food record and write down any questions you have before you meet with your dietitian so you can more easily discuss your child's food patterns and symptom history



Give as much detail as you can—even information you think may not be relevant could be helpful to the dietitian's assessment and recommendations for nutritional management

Understanding your personal journey will help the dietitian recommend the best dietary management strategy for your child.

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UNDERSTAND HOW FOOD ALLERGY AFFECTS YOUR FAMILY

- Don't be afraid to raise concerns. Your dietitian will be able to help address any questions or worries about how this new diet could affect your food budget, eating out, ability to work, and gaining access to your general practitioner or pharmacy
- It can also be helpful to discuss any nutritional difficulties or challenges you face as a family at home
- It can feel overwhelming if your child's dietitian recommends a management plan you didn't expect. Rest assured that the solution will be best suited to your child's unique needs using evidence-based guidance, which has been shown to be successful in many patients with the same symptoms

WHAT HAPPENS NEXT



Your dietitian will explain the milestones in your child's treatment journey.



Be patient. It may take time to notice any improvements in your child's symptoms. Your dietitian can discuss with you how long that might take.



Ask what support is available before your next appointment. Determine how to contact your medical team between appointments if you have questions or need urgent assistance.

Developed with the support of psychologist Philip Graves and specialist paediatric dietitian Chloe Millington