

# DOES YOUR CHILD HAVE A FOOD ALLERGY?

Talk to a dietitian to ensure your child's nutritional needs are being met

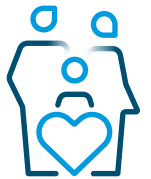


## THE DIETITIAN'S ROLE

A dietitian is a healthcare professional that is trained in nutrition management strategies to help patients achieve and maintain good nutritional status. They:

- Promote health and well-being
- Manage conditions related to nutrition
- Provide 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

- 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.
- Don't be afraid to raise concerns. Your child's dietitian will help address any questions or worries about this new diet such as:
  - » How will this new diet affect my food budget?
  - » How will we find restaurants where my child can eat?
- It can also be helpful to discuss any nutritional difficulties or challenges you face as a family at home.

### WHAT HAPPENS NEXT



Your child's 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 child's 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

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