



Reintroduction of cow's milk into your child's diet

Your child had a reaction to cow's milk in the past. The following symptoms may have occurred;

- Tummy pain and vomiting
- Itching and/or redness of the skin
- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g. lips, eyes, ears
- Cough

Many children grow out of their cows milk allergy. You should discuss when to re-introduce cows milk with your doctor, allergy nurse or dietitian. This leaflet outlines a safe way to do this.

Children with a history of the following symptoms should **not** reintroduce cows milk at home;

- Anticipated risk of severe reaction such as anaphylaxis or breathing difficulties.
- Your child's doctor / allergy nurse has advised against this based on awaited or recent blood or skin tests.

If there is a history of any of the above cows milk will need to be reintroduced within a hospital setting and under the supervision of a trained healthcare professional.

Practical pointers of Cows milk reintroduction

Before starting the reintroduction process or progressing to the next step, ensure the following;

- Your child is well at the time.
- All gastrointestinal symptoms have settled and or eczema is not flared
- Your child does not have any antihistamine in their body as this may mask a reaction.
- Make sure foods do not contain any other ingredients which your child is allergic to
- Don't introduce any other new foods during the cows milk reintroduction
- Ideally introduce foods early in the day, at a time when you are not busy and able to monitor for adverse symptoms. Have your child's antihistamines available.
- All children are individual and will work their way up this process at different rates
- Don't force your child to have a particular food as remember these foods are new to your child so they may be hesitant at first.
- If your child is at school/ nursery keep them on a milk free diet there and just reintroduce at home so you can control portion sizes and note any reactions.
- If your child spends time at more than one home, agree a plan between you.

If your child is breast fed and you are avoiding cows milk in your own diet, the first step is for mum to start including cows milk in her own diet. If this is tolerated then you can start the reintroduction of cow's milk.

Steps of Cows Milk Reintroduction

Start with small amounts of a food and gradually increase until a full portion is reached. If a food in a step is tolerated, leave this food in the diet and move onto the next step. If your child seems to react to the foods offered go back to the previous step and wait at least 3 months before trying again..

Step 1

Offer a biscuit or breadstick containing cows milk. Start with a small amount (1/4 biscuit) each day for a few days. These can be shop brought or homemade using the following recipes. If no adverse symptoms, double the dose every few days until your child is having a whole biscuit daily.

Savoury or Sweet Biscuit



Ingredients

- 125g plain wheat flour (can use wheat-free/gluten-free flour)
[Add 1g (1/4 tsp) xanthan gum if wheat-free/gluten-free flour is being used]
- 50g cold, milk free margarine or spread
- 40g grated dairy free cheese (savory) or 75g mashed/puree fruit (apple, banana, pear)
- 2g (1tsp) skimmed or non-fat milk powder
- 10ml (2tbsp) water (savory) or few drops vanilla extract.

Method

Pre-heat the oven to 180°C (350 °F)

1. Mix the flour (plus xanthan gum if using) and milk powder together in a bowl
2. Rub in the cold milk-free margarine or spread
3. Mix in the grated dairy free cheese or fruit , add vanilla extract or water (use a bit more if dry) and bring together to form a flattened ball
4. Wrap dough in cling film and leave to rest in fridge for at least 30 minutes
5. Roll out and cut into 20 small finger sized strips
6. Bake in the oven for 10-15 minutes until golden brown. Cool on a wire rack

Step 2 Baked products containing small amount of cows milk

Give half a mini muffin or cupcake (15g) daily for 3 days. If okay give 1 plain mini muffin (30g) with no icing or cream filling. Either use shop brought (check contain milk protein) or use the following recipe:

Sweet or Savoury Muffin

Ingredients

- 250g plain wheat flour (can use wheat-free/gluten-free flour)
[Add 3g xanthan gum if wheat-free/gluten-free flour is being used]
- 10g (2. tsp) baking powder (check it is wheat/gluten-free if necessary)
- 25g sugar
- A pinch of salt
- 50 ml sunflower oil
- 250 ml milk



For Savory: 60g grated dairy free cheese and handful chopped spinach / grated carrot (optional)
For Sweet: 110g finely chopped/mashed/grated fruit (apple, banana, pear) and a few drops of vanilla extract

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Method

Pre-heat the oven to 180°C - 200°C (350° F - 400 °F)

1. Mix the flour, (plus xanthan gum if using), baking powder, sugar and salt in a bowl
2. Whisk the milk and oil together before adding to the dry ingredients
3. Add the dairy free cheese / spinach/carrot or chopped/grated/mashed fruit and vanilla essence and mix well
4. Divide the mixture into 10 muffin cases
5. Bake in the oven for 15-20 minutes
6. Cool on a wire rack

If muffins are tolerated then other shop brought baked products can be included in the diet.

For example:

Brioche	Scones	Pastry	Shortbread	Croissant
Cheese Crackers	Flavoured crisps	Garlic bread	Scotch Pancake	Cakes
Margarine	Butter			

Step 3 Baked foods containing larger amounts of cows milk

Pancake (see recipe or use shop brought containing milk protein)

Ingredients

- 125g plain wheat flour (can use wheat-free/gluten-free flour)
 - 10g (2. tbsp) baking powder (check it is wheat/gluten-free if necessary)
 - A pinch of salt
 - 30 ml (2 tbsp) sunflower or rapeseed oil
 - 250 ml milk
 - 50 ml water
- Oil to fry

Method

1. Add all the dry ingredients into a mixing bowl
2. Whisk the oil, milk and water together, before adding to the dry ingredients
3. Whisk thoroughly together to make a smooth batter
4. Heat the oil in a frying pan, then pour in some batter to coat the bottom of the pan
5. Once golden, flip the pancake and cook the other side
6. Serve immediately or keep warm by piling on top of each other between sheets of Baking parchment

Start with ½ pancakes and build up to 1.

If pancakes are tolerated then start to include dishes containing cows milk such as fish pie, cottage pie, lasagne., Yorkshire puddings in the diet.

Step 4 Cheese

Offer a small portion of cooked cheese, such as cheese on toast, mini pizza or sprinkled on pasta. Gradually increase the portion over a week.

Information for Patients

Then introduce uncooked hard cheese, such as cheddar. Start with portion (6g) and increase until 25g is tolerated.

Step 5 ~Yoghurt

Introduce a small amount of yoghurt (1 /4 small pot) and if tolerated increase the portion until tolerating 1 pot of yoghurt.

Step 6 Cows milk

Once your child is tolerating foods containing cows milk you can gradually introduce pasteurised cow's milk. Start by adding 1 tablespoon (15mls) to cereals. Increase to 30mls and then continue to swap an extra 30mls of milk substitute for cows milk until fully swapped over.

As a drink cows milk can be used from 12 months of age. Start with 30mls (1 floz) and increase by 30mls (1floz) a day until your child is drinking their usual milk volume. It can be mixed with your child's normal milk. If under 12 month of age use standard infant formula instead.

This leaflet should only be used in conjunction with advice from your Paediatric Dietitian / Paediatric Allergy Nurse. Information is correct at time of writing

For further support please contact your Paediatric Dietitian on 0121 424 1674 or Paediatric Allergy nurse on 0121 424 2393.

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