

Home Introduction of Cow's Milk

Information for patients, relatives and carers

① For more information, please contact:

Paediatric Allergy Team

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Introduction

Most children will grow out of their cow's milk allergy. The following plan explains how to start reintroducing small amounts of cow's milk into your child's diet in a safe way to minimise the risk of an allergic reaction.

Initial introduction starts with a well-cooked biscuit which contains highly baked cow's milk. If your child can tolerate a small amount of cow's milk protein in this way, this may help speed up the body's tolerance to the reintroduction of cow's milk in the future.

Home introduction of cow's milk is appropriate for those children who have previously had mild reactions to milk (e.g. rash, gastro-oesophageal reflux). Children who have had a more severe reaction to milk (especially breathing problems) may need to have the reintroduction initiated under hospital supervision.

Please note, this information leaflet is a guide, and the information may vary for individual children. If there are any changes to be made for your child, you will be advised by your dietitian, doctor or nurse. A summary of the stages is shown in the milk ladder (page 6) and examples of food items for each stage can be found at the end of this leaflet.

Guidance notes

- Your child may stay on each stage longer than shown, but do not proceed to the next dose more quickly unless you have been told to do so.
- If your child is unwell, avoid giving them any products containing milk that day.
- Try to give a dose every day. If you miss several days (e.g. if your child is unwell), give smaller doses when you restart and build up steadily again.
- If your child starts to show symptoms of a mild or delayed reactions (e.g. a rash, eczema flare, tummy ache, vomiting or loose stools) reduce the dose to a level that is tolerated. If antihistamines have been given, contact the allergy team for further advice regarding the ongoing introduction of that food.

The allergy team can be contacted for advice but is not an emergency service, and you may not be able to get hold of someone that day. For any medical emergencies please contact your GP, go to A&E, or dial 999.

Prior to starting:

Before commencing home reintroduction of milk, it is essential that your child is well and has not taken any antihistamines in the last seven days.

There is a small chance of a reaction so please follow these instructions:

- Postpone the reintroduction of cow's milk if your child is unwell.
- Plan the reintroduction for a day when you are not busy, and you have time to observe your child.
- Always start the reintroduction of milk and any new foods in your child's home environment.
- Have their allergy medication, including oral antihistamines, available in case of reaction.

What if my child has a reaction?

It is important to know what an immediate allergic reaction may look like:

Mild/moderate reaction

- Tingling or itching sensation of the mouth and/or lips
- Swelling of the lips, face, or eyes
- Itchy or red skin
- Hives (nettle sting type rash)
- Vomiting or tummy pain

Treatment – Give oral antihistamines and monitor their symptoms.

Severe reaction

- Swollen tongue
- Difficulty swallowing
- Hoarse voice
- Wheezy breathing/tight chest or cough
- Pale/floppy
- Decreased level of consciousness or collapse

Treatment – Use an adrenaline auto-injector if your child has been prescribed one. If you do not have an adrenaline auto-injector, lay your child flat and raise their legs. If breathing is difficult, allow to sit. Do not let them stand up. Call 999 for and ambulance stating “anaphylaxis”.

If any immediate reactions are observed at any time, **stop immediately** and follow your child’s allergy management plan and the advice above. Once your child has recovered, contact the allergy team to update and discuss further.

Stages of milk introduction

Stage one (baked milk)

This stage will take at least five weeks. Use malted milk biscuits. Where malted milk biscuits are unavailable, use an alternative commercial biscuit that contains whole milk powder or skimmed milk powder (not only whey powder) as a listed ingredient after flour (can be wheat or non-wheat flour). If your child is allergic to wheat, please contact the allergy team for an alternative or see the recipe in table two.

Week one:

- Begin by rubbing a small amount of the biscuit on the inner part of your child's lip.
- Wait for 30 minutes and allow your child to do their normal activities. Observe for any signs of an allergic reaction. These might include itching, redness, swelling, hives (nettle sting type rash), tummy pain, vomiting or wheezing.
- If there have been no symptoms after this time, give your child a small crumb of the same biscuit to eat.
- Give a small crumb of biscuit once a day for a week.

Follow the dose increases below as tolerated.

Week two:

- Large crumb to be eaten daily for two days.
- 1/16 of a biscuit to be eaten daily for two days.
- One eighth of a biscuit to be eaten daily for three days.

Week three: Quarter of a biscuit to be eaten daily for one week.

Week four: Half a biscuit to be eaten daily for one week.

Week five: One biscuit to be eaten daily for one week.

Stage two (less baked milk)

Stage one should have been completed before the less baked milk containing products of Stage two are introduced into your child's diet.

Stage two foods include other foods that contain cow's milk that is mixed with flour and cooked at a high temperature (e.g. cakes, other biscuits, scotch pancakes, croissants) and other products that contain small quantities of less cooked milk (e.g. butter and margarine). Please see the milk ladder on page 6.

For each new food:

- Give a small amount first and then build up to include it in the diet.
- If a particular food causes symptoms, leave it out or try in a smaller quantity.
- If symptoms are frequent with Stage two, remain at Stage one (one biscuit per day) for longer.

Stage three (minimally heated milk)

Only begin to try foods from this stage if your child is regularly eating full, age appropriate, portions of foods from Stage one and two freely without any symptoms for at least one month. Stage three foods contain considerably more cow's milk protein, and the amount can vary between products.

For each new food:

- Give small amounts initially (for example, a lick of yoghurt or a single strand/small piece of cheese).
- Each food is different so do not assume if they are eating one product, that another stage three product will be tolerated. Introduce each new food in small quantities.
- If symptoms occur on small traces of these products, stay on stage two for another two to three months.
- It is much better to have a daily "dose" of food containing milk and increase the quantity every week rather than give it only once or twice per week in large quantities.
- Continue to have at least one food from Stage two daily in addition to trying something new from Stage three.

Stage 4 (fresh milk or foods containing uncooked milk)

This stage should only be started if your child is regularly eating full, age appropriate, portions of foods from Stage three with no reactions for at least one month.

For each new food:

- Start with very small quantities e.g. a teaspoon of ice cream or small piece of cheese.
- If trying fresh cow's milk, start by trying one teaspoon on breakfast cereal and increase the amount every couple of days.
- If your child dislikes the taste of milk, try in a hot chocolate, milkshake or mixed with your child's usual milk substitute.
- If symptoms occur, refer to your child's allergy management plan and continue to only allow foods from the previous three stages. Retry Stage four every two to three months until tolerance has been achieved.

Table one: milk ladder

			Stage 4 Fresh milk
		Stage 3 Minimal heating	Uncooked cheese Uncooked non-yoghurt desserts e.g. cheesecake, mousse, ice cream, cream cake Cow's milk, UHT milk followed by pasteurised milk and then unpasteurised milk (if this form is preferred by the family)
Stage 1 Baked	Stage 2 Less baked		
Small crumb of a biscuit containing <1g of whole cow's milk protein per biscuit. Build up to one biscuit over five weeks as tolerated.	Other baked products containing cow's milk protein. For example: biscuits, cakes, muffins, waffles, scotch pancakes Butter Margarine Cheese powder flavouring	Products containing cooked cheese or whole cow's milk as a heated ingredient. For example: custard, cheese sauce, pizza, rice pudding Chocolate Chocolate coated items Fermented desserts Yoghurt Fromage frais	

Further examples of milk-containing foods in each stage

Stage 1 Baked	Stage 2 Less baked	Stage 3 Minimal heating	Stage 4 Fresh milk
<p>Biscuits that list milk as an ingredient.</p> <p>Examples include: Malted milk, Karmel or Heinz mini biscotti (for younger children)</p> <p>For homemade biscuit recipes add 1ml milk per biscuit (or 1teaspoon milk per five biscuits (see below)</p> <p>1tbsp flour 1tsp cocoa powder(optional) 1 ½ tsp sugar 1tsp margarine (dairy free) 1 tsp milk</p> <p>Roll into five small balls and flatten each on a greased tray.</p> <p>Oven 200°C for 12 mins</p>	<p>Bread containing milk e.g. Milk Roll (Warburtons), Croissants Other biscuits and cakes that contain milk as an ingredient.</p> <p>Examples include: Waffles, fairy cakes, fruit teacakes, malt loaf, scones, scotch pancakes, flapjacks, trifle sponges, ice cream wafers, brownies, sponge and pastry flan cases, French fancies, lemon cupcakes, Nutrigrain breakfast bars, McVities and Belvita breakfast biscuits, shortbread, butter crunch biscuits, Jaffa cakes, Pom bear zoo friends</p> <p>Frozen mini-Yorkshire puddings Aunt Bessie's homestyle roast potatoes, chips Birds Eye Southern fried chicken, chicken dippers, Young's homestyle breaded cod fillet</p> <p>Homemade recipes for the above that contain milk as an ingredient.</p> <p>Butter/margarines and recipes that contain butter/margarine</p>	<p>Products that contain cheese or whole cow's milk as a heated ingredient</p> <p>Examples include: Custard, custard tart, rice pudding, white sauce, soup made with milk (cream soups), yogurt in cooking.</p> <p>Pizza cheese e.g. grilled halloumi</p> <p>Dishes that contain heated milk e.g. mashed potato topping (cottage/shepherds/fish pie), lasagne or other oven baked pasta dish</p> <p>Homemade batters e.g. pancakes, Yorkshire pudding</p> <p>Chocolate and chocolate covered items e.g. chocolate biscuits Chocolate as an ingredient e.g. choc chips</p> <p>Fermented desserts e.g. yoghurts, fromage fraise, yoghurt in cooking</p> <p>Crisps/snacks with milk or cheese in flavouring</p>	<p>Uncooked cheese</p> <p>Uncooked non-yogurt desserts e.g. cheesecake, mousse, ice cream, cream cake</p> <p>Cow's milk, UHT milk followed by pasteurised milk and then unpasteurised milk (if this form is preferred by the family)</p> <p>This can be given in milkshakes</p>

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Paediatric Nursing Team: 07984291824 or 07824452313 yhs-tr.paediatricallergyysth@nhs.net.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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