

# Summary of Allergy Prevention Guidelines

At Risk Children	Family history (mother, father, sybling) of allergic conditions (asthma, food allergy, eczema, respiratory allergy)
Dietary Restrictions for Mothers During... Pregnancy? Nursing?	No No
Nursing	As long as possible
Introduction of Solids	Between 4 to 6 months of age if child is ready <ul style="list-style-type: none"><li>• can sit unassisted</li><li>• has good head control</li><li>• can turn head to refuse food</li></ul>
Infant Formulas	Good Start by Nestlé Nutramigen A+ by Mead Johnson Nutrition
Delay Introduction of Allergenic Foods?	No. If presenting moderate eczema, introduce peanuts around 6 months. If also allergic to eggs, introduce peanuts under allergist supervision.