

INFANT FEEDING RESOURCES TO SUPPORT PARENTAL INTRODUCTION OF COMMON FOOD ALLERGENS

Project aims:

- This project aimed to provide information to support parents on how and when to introduce the common food allergens in a format that is easy to understand.
- The project also aimed to provide guidance on how to prepare nuts for infants to prevent choking.

Consultation process

- Consultation with the Nip allergies in the Bub project working group and National Allergy Strategy Steering Committee, identified video as an effective format for educating parents about infant feeding for food allergy prevention.
- Scripts were drafted and reviewed by the working group.
- Talent was required and obtained for the first video.
- Texture videos were filmed using National Allergy Strategy staff.
- Photos were taken during the filming of the videos.

Outcomes

- A short video about the signs of readiness for solid food introduction which also included some information about appropriate food textures was developed.
- A series of videos informing parents about appropriate food textures for the stages of infant feeding were developed. Specific guidance about how to prepare nuts for infants to prevent choking was also included
- Photos were taken during the filming of the texture videos for inclusion in the Nip allergies in the Bub recipe booklet to provide visual guidance to parents.
- Downloadable food ideas pages for each stage of infant feeding development were also developed.

How to introduce the common allergy causing foods video



Downloadable food ideas



Preparing nuts for infants



Downloadable recipes



Signs of readiness

