

Start solids. Start allergens.

Introduce solids **around 6 months** (never before 4 months), once your baby has good head control and interest in food. Offer **all nine common allergens within the first year** — delaying doesn't prevent allergy, and early introduction lowers the risk. This matters most for babies with eczema, so keep eczema well controlled too.

Egg

Peanut

Tree nuts

Cow's milk

Wheat

Soy

Sesame

Fish

Shellfish

1

One at a time

Introduce a single new allergen on its own, so you know the culprit if there is a reaction.

2

Start tiny, build up

Begin with 1/8–1/4 teaspoon (or 1 mL of liquid), then roughly double it each day over about five days to a normal serve.

3

Keep it up

Once tolerated, keep the food in the diet once or twice a week. Stopping and restarting may raise the risk.

Safe forms & good timing

- Well-cooked egg — mashed hard-boiled is ideal.
- Smooth nut butter, paste or ground nuts through food. **No whole nuts before age 5** (choking).
- Feed straight into the mouth, not smeared on the face — and never rub food on the skin to "test".
- Offer when your baby is well: no illness, no flaring eczema, no antihistamines (they mask early signs).
- Pick a time you can **watch for 2 hours** after.

If there's a reaction

Mild to moderate — hives, facial swelling, vomiting: stop the food and seek medical advice; don't offer it again until reviewed. Redness around the mouth alone is usually just irritation.

Severe — difficulty breathing, swollen tongue or throat, pale and floppy: **lay your baby flat, give adrenaline if you have an autoinjector, call 000 immediately.**

We teach to empower, not fear.

Guidance follows ASCIA, Allergy & Anaphylaxis Australia and RCH Melbourne. Allergy testing before introducing foods isn't recommended for most babies. Talk to your GP, child health nurse or PAEDS educator if you're unsure.