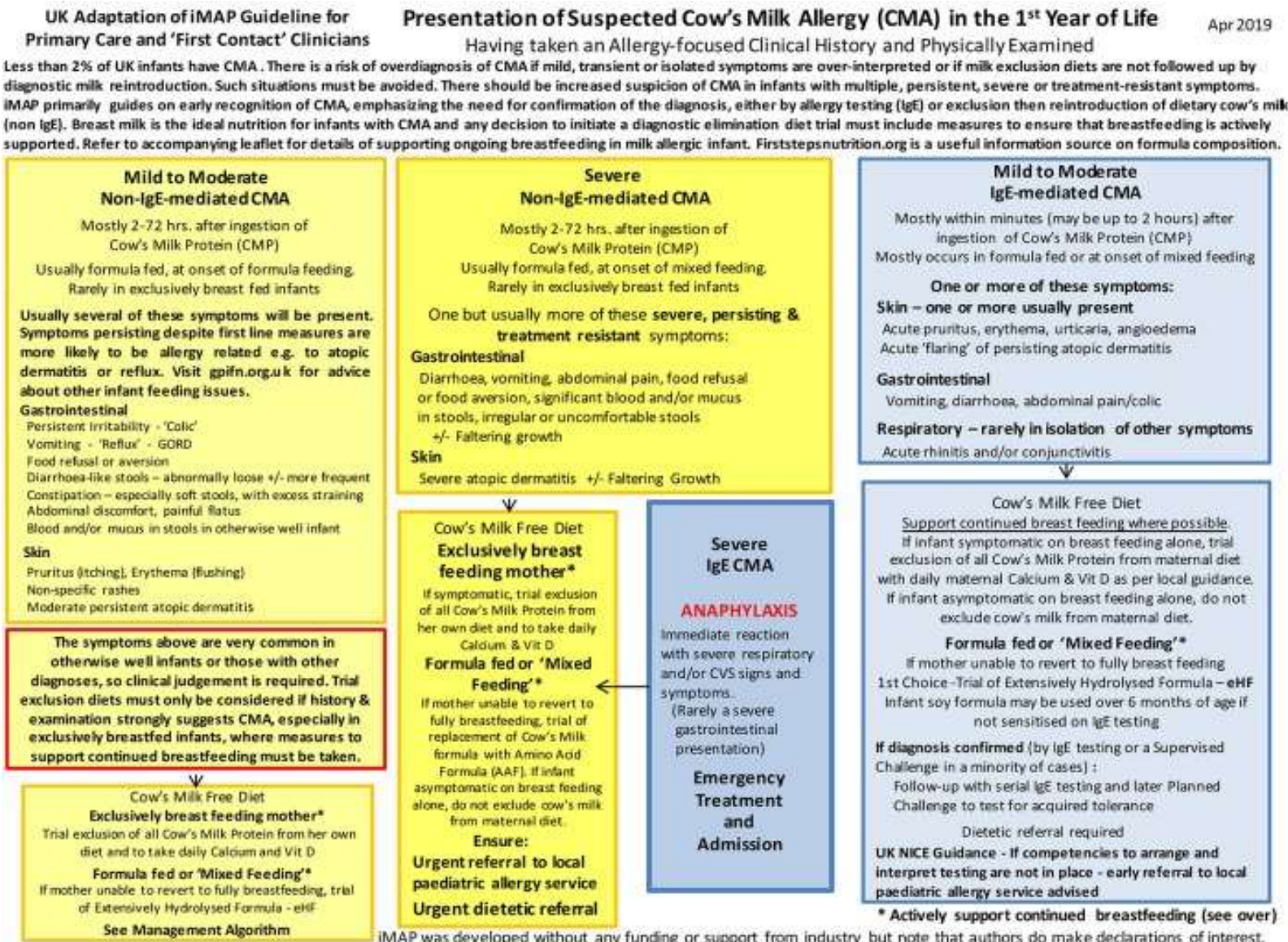


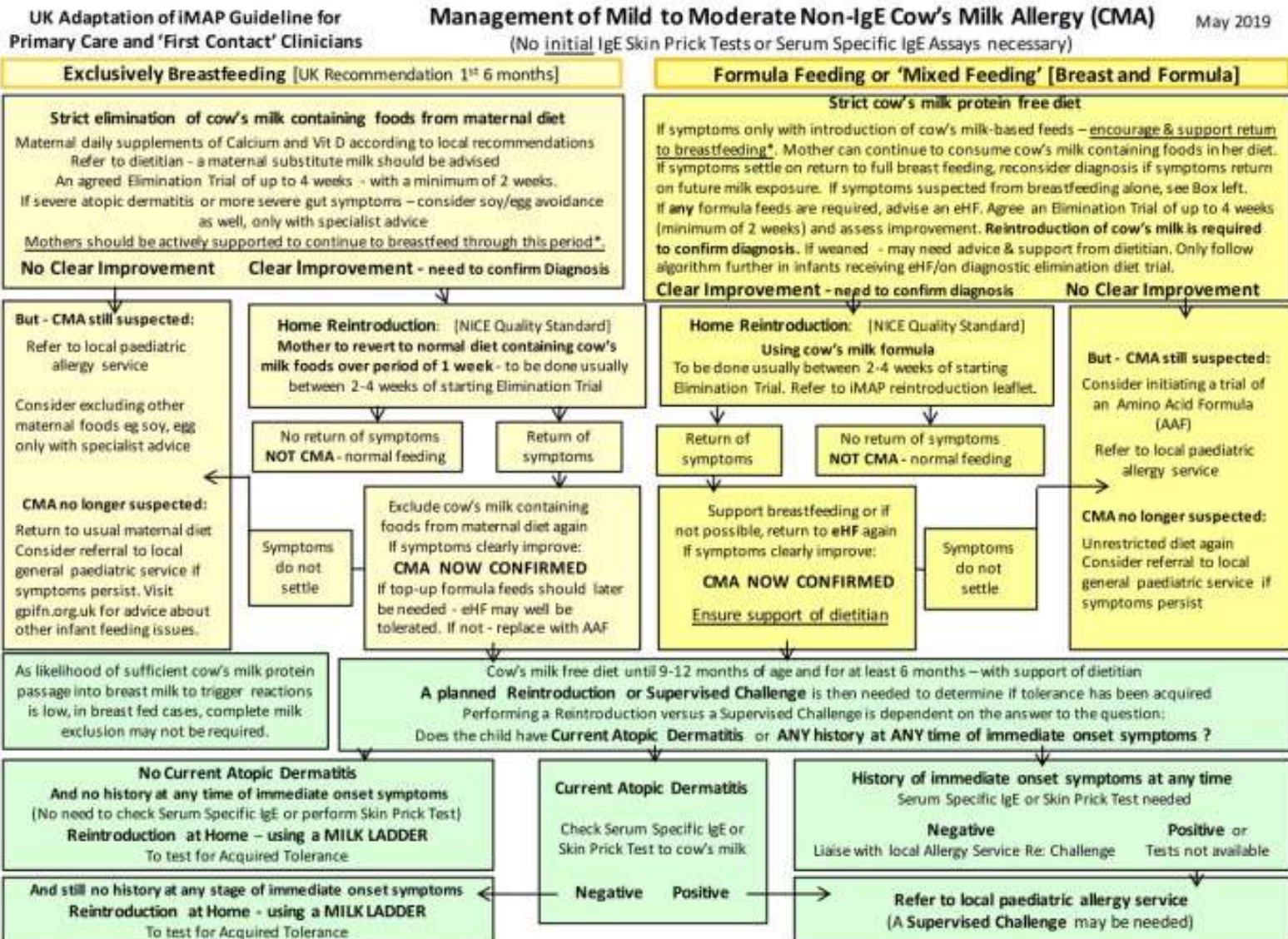
Appendix 1 – Presentation of Suspected Cow's Milk Allergy

Reproduced with permission from the [GP Infant Feeding Network](#)



Appendix 2 – Management of Mild to Moderate Cow's Milk Allergy

Reproduced with permission from the [GP Infant Feeding Network](#)



*Breast milk is the ideal nutrition for infants & hence continued breastfeeding should be actively encouraged as far as is possible. WHO recommends breastfeeding until 2 years and beyond. Mothers should be offered support of local NHS breastfeeding support services & signposted to further support. Please refer to iMAP patient information leaflet on supporting breast feeding.

Appendix 3 - Additional Resources

National Infant Feeding Support Organisations

[National Breastfeeding Helpline](#) Funded by Public Health England and the Scottish Government, the National Breastfeeding Helpline offers independent, non-judgmental support from trained volunteers. The Helpline operates from 9:30am to 9:30pm every day of the year and the number is available in the Child Health Record (the 'Red Book').

[Association of Breastfeeding Mothers \(ABM\)](#) A charity which trains breastfeeding peer supporters, breastfeeding counsellors and health professionals and provides a range of information on breastfeeding issues. Support options are listed [here](#).

[The Breastfeeding Network \(BfN\)](#) A charity which trains peer supporters and breastfeeding supporters who work in locations nationwide. It also provides breastfeeding factsheets and runs the Drugs in Breastmilk Information Service (see above). Support options are listed [here](#).

[The NCT](#) A charity which trains peer supporters and breastfeeding counsellors, runs antenatal and postnatal classes and provides information on a range of maternity and parenting issues, including infant feeding. Support options are listed [here](#) and include the Baby Café network.

[Lactation Consultants of Great Britain \(LCGB\)](#) The professional organisation for International Board Certified Lactation Consultants (IBCLCs). IBCLCs use their specialist skills within the NHS including in service lead roles, infant feeding clinical education, and many deliver specialist services supporting mothers and babies with complex feeding situations. There are also IBCLCs working in private practice. The LCGB site includes a [directory](#) of IBCLCs working across the UK in the NHS and in private practice, and a link to the [International Board of Lactation Consultant Examiners \(IBLCE\) Registry](#) where professional certification can be verified.

[Unicef UK Baby Friendly Initiative](#) The UK branch of the accreditation programme of Unicef/World Health Organisation, designed to support breastfeeding and parent infant relationships by working with public services to improve standards of care. The website provides resources include clinical tools, patient information leaflets and demonstration videos.

[La Leche League GB \(LLLGB\)](#) A charity providing breastfeeding support via telephone, online, and through a network of local support groups.

Tongue-Tie Support

[Association of Tongue-Tie Practitioners](#) Includes a [directory](#) of practitioners who can assess for and divide tongue-tie. Use the drop-down menu on the map to locate NHS or private practitioners by region.

Infant Milks and Bottle Feeding Information

[First Steps Nutrition Trust: Infant Milks in the UK- A Simple Guide](#) (scroll down to the blue report).

[First Steps Nutrition Trust: How Much Milk is Needed and How to Make it up Safely](#)

First Steps Nutrition Trust: A simple guide to infant formula, follow on formula and other infant milks See page 17 for a table detailing volumes required by age for formula feeding.

NHS Website: How to Make up Baby Formula Step by step instructions

Food Standards Agency & Department of Health: Guidance for health professionals on safe preparation, storage and handling of powdered infant formula

UK Drugs in Lactation Advisory Service

Early Nutrition Information

GP Infant Feeding Network A national network of Primary Care professionals and supportive colleagues advocating for improvements in infant feeding practice

NHS Start4Life The official NHS information service on healthy nutrition for pregnant women, new mothers and babies. Start4Life is informed by the latest research by the WHO and is aligned with NICE guidelines and Unicef's Baby Friendly Initiative.

First Steps Nutrition Trust Impartial evidence-based information on infant nutrition, including information about infant milks for healthcare providers and parents.

Local Infant Feeding Information Board (LIFIB) Multidisciplinary group of healthcare professionals based in the northwest of England which critically appraises information and research on infant feeding issues (eg colic, reflux and CMA), producing summaries for healthcare professionals.

Cow's milk allergy

British Dietetic Association factsheets for infants with Cow's Milk Allergy and breast-feeding mothers to maintain calcium intake in a non-dairy diet.

<https://www.bda.uk.com/resource/children-with-cows-milk-allergy.html>

<https://www.bda.uk.com/resource/calcium.html>

Allergy UK provides information on management of allergy for parents and healthcare professionals.

<https://www.allergyuk.org/>

CMPA support: support for cow's milk protein allergy including recipes and parent support.

<https://cowsmilkproteinallergysupport.webs.com/>

Self-help support group **Cry-sis** for families with excessively crying or sleepless children, which has a website www.cry-sis.org.uk and run a national telephone helpline (0845 122 8669)

Medicines information

<https://www.medicinesforchildren.org.uk/medicines/omeprazole-for-gastro-oesophageal-reflux-disease-gord/>