

# ALLERGY LADDERS: THE STEP BY STEP GUIDE

## The Golden Rules of Ladders

### **Rule 1: Once you start the ladder, don't stop the ladder.**

- You can't outgrow the allergy without including the allergen.
- When your child reacts to an allergen, don't stop the ladder. Instead, pause and go back to the previously tolerated step.
- If you stop the ladder entirely, your child loses the ground already made.

### **Rule 2: The ladder is compounding, it's not one step at a time.**

- Once your child tolerates a step, that food can now be added to the diet liberally (min. twice per wk) - eg when you pass step 1, include the allergen twice that week of commencing step 2.
- By the time you reach the top of the ladder, you've slowly increased the load of the allergen in the diet.
- If you do the ladder one step at a time, the child's body will become overwhelmed from all the changes at once.
- By gradually building on tolerance, your child gets used to a steady build of that allergen in the diet.

## What If My Child Fails

- Failure is when your child reacts like previously - eg blood in stool, mucus, eczema, congestion, loose poos, constipation.
- Failing is inevitable and it's a part of the process.
- When they fail a step, pause on the ladder and go back to the previously tolerated level for 2 months.
- If you reacted on  $\frac{1}{2}$  a portion step 2, pause for 2 months including  $\frac{1}{4}$  portion step 2, and full portion step 1 twice per week.
- Eg - if you reacted on  $\frac{1}{2}$  a muffin, pause and include either/or full biscuit and  $\frac{1}{4}$  muffin for 2 months (min. of twice per wk).

# The Steps of the Milk Ladder

<b>STEP 6: MILK</b>	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ BISCUIT/MUFFIN/PANCAKE/CHEESE OR YOGHUR twice this week. <i>Top tip - yoghurt can now be an everyday food.</i></p>			
<b>STEP 5: YOGHURT</b>	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ BISCUIT/MUFFIN/PANCAKE OR CHEESE twice this week. <i>Top tip - cheese can now be an everyday food.</i></p>			
<b>STEP 4: CHEESE</b>	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ BISCUIT/MUFFIN OR PANCAKE twice this week. <i>Top tip - give pancake.</i></p>			
<b>STEP 3: PANCAKE</b>	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ BISCUIT OR MUFFIN twice this week. <i>Top tip - give muffins.</i></p>			
<b>STEP 2: MUFFIN</b>	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ BISCUIT twice this week.</p>			
<b>STEP 1: BISCUIT</b>	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days