

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, mucous, 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 ½ a portion step 2, pause for 2 months including ¼ portion step 2, and full portion step 1 twice per week.
- Eg - if you reacted on ½ a muffin, pause and include either/or full biscuit and ¼ muffin for 2 months (min. of twice per wk).

The Steps of the Milk Ladder

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