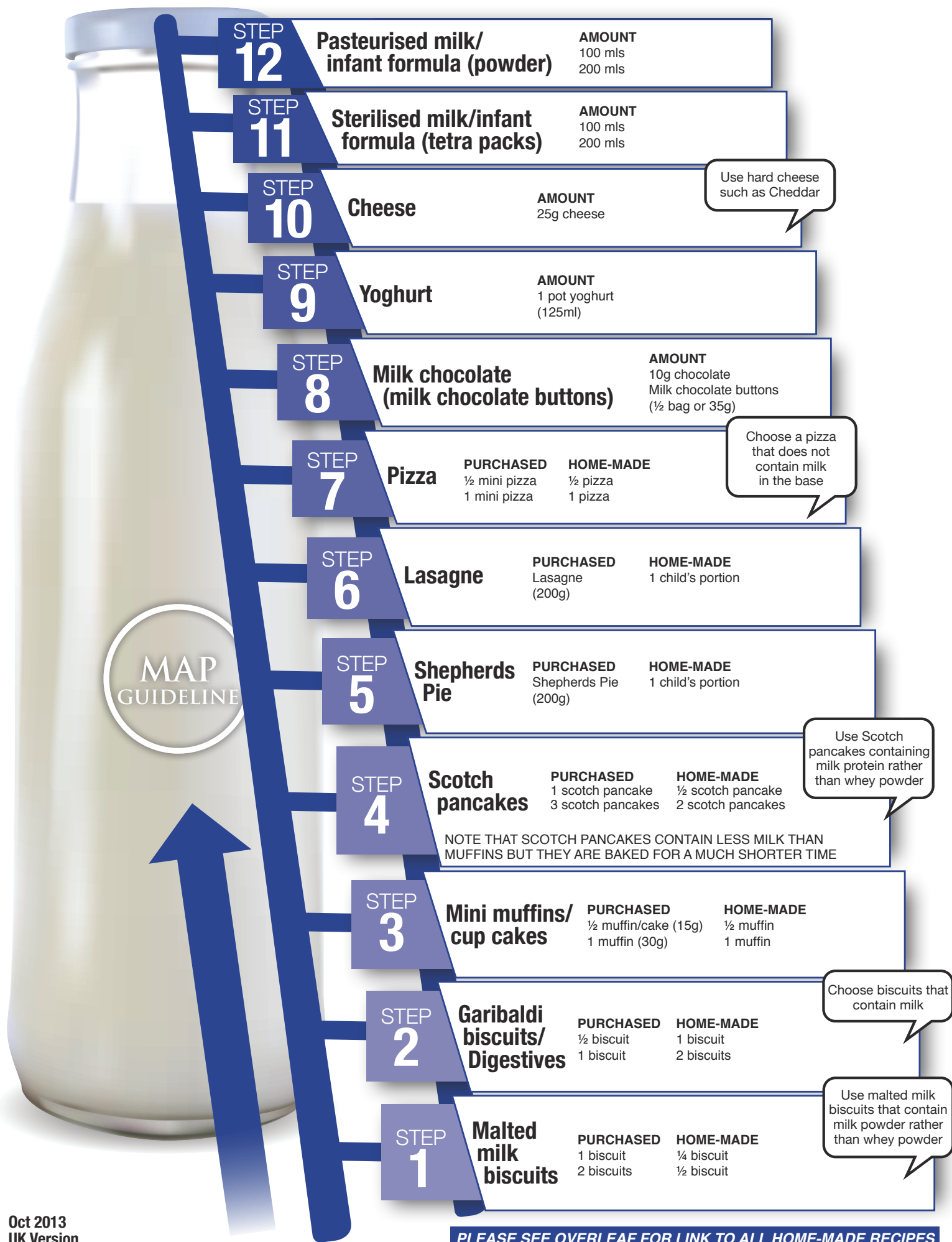
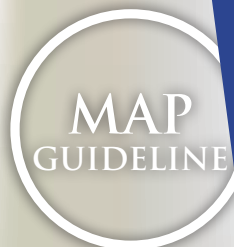


THE MILK LADDER



THE MAP GUIDELINE
MILK ALLERGY IN PRIMARY CARE



Practical Pointers on using the MAP 'MILK LADDER' for Parents

The following 'Pointers' should make it easier for you to understand how best to use this Ladder. We advise that you are supported by a Health Care Professional (HCP) until the Ladder has been successfully climbed. This may be your doctor, nurse or ideally your dietitian.

- Before starting the Ladder and progressing to each further Step, please ensure that your child is well at the time and also that any gastrointestinal symptoms or eczema are settled.
- Most children will start on Step 1. Some may already eat one or more of the foods on the Ladder. If that is the case, you need to be advised which Step of the Ladder you should start on.
- The Ladder has 12 Steps, but your HCP may adjust the number of Steps to suit your child best.
- The time spent on each Step will vary from one child to another (e.g. one day or 1 week) and this should also be discussed and agreed with you.
- The amounts in the Ladder are given as a guide - occasionally smaller or larger amounts may be recommended.
- The Ladder includes commercially available and home-made options.
Recipe ideas are available at:
<http://www.ctajournal.com/imedia/1795283721029345/supp3.docx>
Each of the recipes has an egg and wheat free option (they are all soya free) to make the Ladder suitable for those children who may have other co-existing allergies.
- If the food on any Step of the Ladder is tolerated, your child should continue to consume this (as well as all the foods in the previous Steps) and then try the food suggested on the next agreed Step.
- If your child does not tolerate the food in a particular Step, simply go back to the previous one. You should then be advised when that next Step can be tried again.

In a few of the more severe cases of CMA a more cautious start to the Milk Ladder may be recommended, beginning with smaller amounts in Step 1, e.g. a $\frac{1}{4}$ or $\frac{1}{2}$ of a malted milk biscuit.

Carina Venter, Trevor Brown, Neil Shah, Joanne Walsh, Adam T. Fox
Clin Transl Allergy. DOI 10.1186/2045-7022-3-23 (additional file 1 and 3)

Oct 2013

