

## Paediatric

# Peanut Allergy - Post challenge information (Children under 3)

For parents of children under 3 who have successfully completed a peanut day care challenge

Child's name .....

- Your child has **successfully** completed a peanut food challenge.
- This means your child does **not** have a peanut allergy.
- It is strongly recommended that you now include peanut regularly in your child's diet.

## Important notes on including peanuts in your child's diet

- It is recommended that you continue to give peanut to your child regularly.
- Start this the day after the challenge.
- Give one teaspoon of peanut butter twice a week.
- Do not give whole peanuts to children under 5 years old due to the risk of choking.

## Examples of peanut containing foods

- Smooth peanut butter - mix with milk, mashed potato or pureed fruit for younger children.



## Patient Information

- Bamba snack (Osem) - available from Amazon, Sainsbury's, and Waitrose online. For infants over 7 months, soften with 20-30mls of water or milk, or mix it with mashed potato, pureed fruit or vegetables.
- Peanut soup - a traditional dish that contains peanuts.
- Finely ground peanuts - mix into foods such as yoghurt, porridge or mashed fruit.

## What to do if your child shows symptoms

Although it is unlikely, if your child shows any symptoms after eating peanut, stop giving it and contact the allergy team:

Email: [childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk)

Phone: Call our secretary on 01788 663189.

You can also ask staff for the leaflet called '**Caring for your child at home after a challenge**' for more advice.

Adapted from information provided by the Leicester Royal Infirmary Children's Allergy service.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 01788 663189 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

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#### Document History

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