

First Foods: Allergen Introduction 101 (BROADCAST VERSION)

INTRO:

HERE'S A STORY FOR NEW PARENTS. YOU'RE FINALLY GETTING INTO A RHYTHM WITH YOUR NEWBORN BABY. THEIR SLEEP SCHEDULE IS BECOMING MORE "NORMAL..." AND THEY'RE HITTING SOME OF THEIR VERY FIRST MILESTONES. BUT GUESS WHAT? IT'S TIME TO INTRODUCE THEM TO SOLID FOODS.

TAKE VO

WITH A NEW ADVENTURE – COMES FEAR ABOUT THINGS LIKE ALLERGENS. ACCORDING TO THE UNITED STATES DEPARTMENT OF AGRICULTURE... "THE BIG 9" OF FOOD ALLERGIES ARE MILK... EGGS... FISH... SHELLFISH... TREE NUTS... PEANUTS... WHEAT... SOYBEANS AND SESAME.

THIS LONG LIST MAY BE DAUNTING TO NEW PARENTS – BUT DR. MICHAEL ENDRIS... A PEDIATRICIAN WITH OSF HEALTHCARE... OFFERS SOME TIPS TO HELP GUIDE PARENTS THROUGH THE JOURNEY. HE SAYS IT'S NOT NECESSARY TO SIT OUTSIDE THE EMERGENCY ROOM WHEN INTRODUCING AN ALLERGEN FOR THE FIRST TIME.

TAKE SOT

DR. MICHAEL ENDRIS | PEDIATRICIAN | OSF HEALTHCARE

"If kids don't have any other food allergies or risk factors to food allergies like family history or eczema, which can place kids at a higher risk of having food allergies, we don't need to worry about eating those foods outside the ER just in case anything bad happens," Dr. Endris says.

VO TAG

DR. ENDRIS AND HIS TEAM AT OSF IN BLOOMINGTON WERE PART OF A STUDY WITH NORTHWESTERN... TO ENCOURAGE PEDIATRICIANS TO EMPHASIZE EARLY INTRODUCTION TO ALLERGENS FOR BABIES. DR. ENDRIS RECOMMENDS STARTING TO INTRODUCE SOLID FOODS... INCLUDING ALLERGENS... DURING THE FOUR TO SIX MONTH WINDOW OF YOUR BABY'S LIFE.

VO/SOT #2:

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"We know that the earlier introduction of those high allergen foods is beneficial and protective against developing those food allergies. Every child is going to be a little bit different. But usually in that four to six-month range is when they are ready to introduce those foods. There are a few steps that we're looking at before we're talking about introducing that," Dr. Endris says.

VO TAG

BEFORE INTRODUCING SOLID FOODS TO YOUR BABIES – MAKE SURE THEY’RE HITTING SOME MILESTONES... LIKE SITTING UP PROPERLY IN A CHAIR. YOUR CHILD SHOULD BE SHOWING INTEREST IN THE FOOD YOU’RE OFFERING. AND MAKE SURE THEY’RE NOT TRYING TO PUSH FOOD AWAY WITH THEIR TONGUES... WHICH IS A SIGN THEY’RE NOT READY TO CONSUME SOLID FOODS. DR. ENDRIS RECOMMENDS IF THIS DOES HAPPEN... TRY IT AGAIN IN A WEEK.