

ON-DEMAND VIEWING

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Free CE course—archived presentation.

Advising Parents on Complementary Feeding and Food Allergy Prevention



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Complementary feeding can be a stressful period for caregivers of infants, with confusing and often conflicting guidance regarding best practices. This education begins with an overview of current recommendations for complementary feeding before focusing on early allergen introduction between 4 and 6 months of age. The data supporting early allergen introduction are reviewed along with current real-world practices and recommendations for improving uptake. Using a case-based approach, this distinguished interprofessional team review common concerns related to early introduction and best practices for confidently addressing these concerns.

Learning Objectives

By participating in this course, you will:

- Understand the current recommendations for introducing complementary foods during infancy
- Maximize the prevention of food allergies by applying the latest guidelines for feeding common food allergens
- Provide parents and caregivers with clear advice for complementary food introduction and food allergy prevention



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This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

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Supported by an educational grant from
Mead Johnson Nutrition