

# You're Invited to a Healthcare Professional CE Group Viewing Event

## Advising Parents on Complementary Feeding and Food Allergy Prevention

Complementary feeding can be a stressful period for caregivers of infants, with confusing and often conflicting guidance regarding best practices. In this education, **Ruchi S. Gupta, MD, MPH**, 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, Dr. Gupta is joined by **Olga Kagan, PHD, RN**, and **Raquel Durban, MS, RD, LDN**, to review common concerns related to early introduction and best practices for confidently addressing these concerns.

Date

Time

Location

Organized by

For more info contact

After viewing, go to <https://pnce.org/gv/6079-EM> to complete a short assessment and get your certificate.

### Target Audience

This education was developed to support pediatricians, pediatric nurses, pediatric dietitians, and other healthcare providers who treat infants and children.

### Learning Objectives

At the conclusion of this activity, participants should be better able to:

- 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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In support of improving patient care, Annenberg Center for Health Sciences at Eisenhower (Annenberg Center) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The Annenberg Center designates this activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Annenberg Center designates this activity for a maximum of 1.0 American Nurses Credentialing Center (ANCC) contact hour.

Provider is approved by the California Board of Registered Nursing, Provider #13664, for 1.0 contact hour. To receive credit for education contact hours outside of the state of California, please check with your state board of registered nursing for reciprocity.

Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 continuing professional education unit (CPEU) for completion of this program/material. Registered Dietitians and Dietetic Technicians are to select activity type 102 on Professional Development Portfolio (PDP) activity logs.

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



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