## My baby's symptom diary

Keep track of your baby's feeding schedule and any symptoms they have with this handy chart. Logging symptoms can help a healthcare professional in making a diagnosis so remember to take it to your appointment.





Food given				Symptoms seen		
Date	Time	Type of feed	Amount	Symptoms	Time & duration	Date

## Suggested checklist for your appointment with a healthcare professional

- Make a note of any relevant family history who else has a food allergy, hay fever, asthma or eczema?
- Complete the symptom diary
- Take some photos of any physical symptoms your baby has had, such as a rash, dry skin, hives, etc.
- Prepare questions to ask to get the most out of your time

## Some example questions you might like to ask:

- What could be causing my baby's symptoms?
- Is it possible that my baby has a food allergy like cow's milk allergy?
- Do we need to do any allergy tests?
- Is it possible my baby is allergic to several things?
- If tests will be done, how long will it take to get the results?
- How is cow's milk allergy managed?
- What dietary changes are required for a baby with cow's milk allergy?
- Do I need to make any changes to my own diet if I'm breastfeeding my baby?

- Do I need to switch my baby's routine formula?
- How soon after making dietary changes would you expect to see changes in a baby's symptoms?
- Does my baby need to see a specialist?
- If it is cow's milk allergy, will my baby always have it?
- If it is cow's milk allergy, when would my baby be able to consume milk again?
- Could cow's milk allergy affect a baby's growth?

## Make a note of any other questions you want to ask

**IMPORTANT NOTICE:** Breastfeeding is best for babies. The decision to discontinue breastfeeding may be difficult to reverse and the introduction of partial bottle-feeding may reduce breast milk supply. The financial benefits of breastfeeding should be considered before bottle-feeding is initiated. Failure to follow preparation instructions carefully may be harmful to your baby's health. Parents should always be advised by an independent healthcare professional regarding infant feeding.