

## **Handy Tips for following the milk ladder**

1. Start the milk ladder when convenient for you and your child and when your child is feeling well. Some people find school holidays easier.
2. All children are individual and will work their way up the milk ladder at different rates. Don't worry if another child you know personally or on social media, gets there faster
3. If you are worried about starting the milk ladder, start small and build up. The portion sizes are for guidance only, smaller children may not manage the portions on the ladder
4. Don't feel that you need to give your child these foods daily, every other day or even twice a week can be sufficient, particularly in the beginning
5. Don't force your child to have any particular food on the ladder. Remember, these foods are new to your child and they may be a little hesitant to try at first as the food may look strange to them. Give them time to explore the new food and try and have fun.
6. If your child really won't eat a food on the food ladder, either try an alternative food on that stage or (apart from stage one) try the next stage cautiously.
7. Your child will pick up on any anxiety that you may have around the ladder. Try and make trying the new food as relaxing as possible.
8. If your child is at school or nursery, keep your child on a milk-free diet whilst at school /nursery and just try the re-introduction at home. This will help you to keep control of portion sizes and note any reactions your child has.
9. If your child spends time at more than one home for example grandparents or at different parents, agree a plan between you. Some parents find it easier to do this in one home only.
10. Don't introduce any other new foods whilst attempting the milk ladder. If you need to introduce other new foods, discuss with your dietitian how you may go about this.