



Navigating parties with a milk allergy.



What to say and how to explain it.



1. Talking to the host.



Before the party

“My child has a cow milk allergy, could you let me know what food will be served?”



Reassuring them

“I’ll bring a safe treat for [name] so you don’t need to worry about the cake.”



In case of a reaction

“If [name] eats something by accident, please call me right away.”



2. Talking to your child.



Simple explanation

“Your body gets confused by milk, it thinks it’s not safe, so it reacts.”



What to say if offered food

“No thank you, I have a milk allergy. I have my own snack!”



Feeling included

“I packed your special cupcake so you can celebrate too!”

