

How Allergy Testing Works for Young Children

A simple guide for parents navigating allergy testing.

1 Why might allergy testing be needed?



Testing can help identify triggers

- Foods
- Environmental allergens
- Insect stings
- Other suspected allergens



Testing isn't always needed

Your child's doctor will consider symptoms, medical history, and reactions before recommending testing.

2 Common allergy tests.



Skin Prick Test

Quick and commonly used

- Tiny drops of allergen placed on the skin
- Small, gentle scratch allows exposure
- Results usually available within 15–20 minutes



Blood Test

Measures allergy antibodies

- Requires a blood sample
- Useful when skin testing isn't suitable
- Results usually take several days



Food Challenge

Done under medical supervision

- Child eats small amounts of a suspected food
- Considered the most accurate way to confirm some food allergies
- Performed only when recommended by an allergy specialist

3 What should parents expect?



Most children cope well

Testing is designed to be as quick and comfortable as possible.



Appointments may take time

Especially if several allergens are being assessed.



Ask questions

Your allergy team can explain results and next steps.

4 Important to remember.



Allergy tests are one part of the picture



Results must be interpreted by a healthcare professional



A positive test does not always mean a true allergy



Medical history remains important



Never reintroduce allergens without medical advice

5 Questions to ask your child's allergist



What does this result mean?



Does my child need to avoid this allergen?



Should we carry emergency medication?



Will follow-up testing be needed?

