

Year VI, v.1 2026 | Submission: 01/17/2026 | Accepted: 01/19/2026 | Publication: 01/21/2026

**Challenges faced by caregivers of children with cow's milk protein allergy (CMPA): impacts on daily routine and emotional aspects.**

*Challenges faced by caregivers of children with cow's milk protein allergy (CMPA): impacts on daily routine and emotional aspects*

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### **Summary**

**Introduction:** Cow's Milk Protein Allergy (CMPA) is characterized as a reproducible hypersensitivity reaction, which can be classified according to the immunological mechanism involved. It not only directly affects the children affected by this condition, but also exerts a significant influence on the daily lives and emotional well-being of their caregivers. **Objective:** This study aims to describe the challenges faced by caregivers after a pediatric diagnosis of CMPA, as well as its impacts on their routine, food choices, and emotional aspects. **Methodology:** This study is an integrative literature review with descriptive and exploratory aspects. A total of 193 articles published between 2020 and 2024 were selected. After screening, 8 articles in English and Portuguese and 1 Brazilian article were selected for compilation using the following descriptors in the database: "Cow's milk protein allergy", "Milk Hypersensitivity", "Caregiver Burden", "Parent-Child Relations", "Stress, Psychological", "Adverse Food Reactions".

**Results:** After analyzing the studies included in this review, it is concluded that cow's milk protein allergy (CMPA) has a significant impact on the routine and emotional health of caregivers, especially mothers, who often assume the central role in caregiving. Adapting to new daily demands generates changes in the personal, social, and professional lives of caregivers, in addition to increasing stress and isolation due to a lack of social understanding about the severity of the allergy. This scenario contributes to feelings of overload and frustration, exacerbating the emotional challenges faced by these families.

**Keywords:** Cow's milk protein allergy, milk hypersensitivity, caregiver burden, parent-child relationships, psychological stress, adverse food reactions.

### **Abstract**

**Introduction:** Cow's Milk Protein Allergy (CMPA) is characterized as a reproducible hypersensitivity reaction, which can be classified according to the immune mechanism involved. It not only directly affects children with this condition but also significantly influences the daily lives and emotional well-being of their caregivers. **Objective:** This study aims to describe the challenges faced by caregivers following a pediatric diagnosis of CMPA, as well as the impacts on their routine, dietary choices, and emotional aspects. **Methodology:** This is an integrative bibliographic review with descriptive and exploratory aspects. A total of 193 articles published between 2020 and 2024 were selected. After screening, 8 articles in English and Portuguese, as well as 1 Brazilian article, were chosen for compilation. The following descriptors were used in the database search: "Cow's milk protein allergy," "Milk Hypersensitivity," "Caregiver Burden," "Parent-Child Relations,"

"Stress, Psychological," and "Adverse Food Reactions." **Results:** After analyzing the studies included in this review, it is concluded that CMPA has a significant impact on the routine and emotional health of caregivers, especially mothers, who often assume the central role in care.

Adapting to the new daily demands causes changes in the caregivers' personal, social, and professional lives, as well as increasing stress and isolation due to the lack of social understanding of the severity of the allergy. This scenario contributes to feelings of overload and frustration, exacerbating the emotional challenges faced by these families.

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## Introduction

Cow's Milk Protein Allergy (CMPA) is characterized as a reaction to Reproducible hypersensitivity, which can be classified according to the immunological mechanism. involved (Burns *et al.*, 2017). It is observed that since the 1990s, there has been an increase significant in the emergence of allergic reactions to food, indicating that food allergy is a a constantly growing contemporary nutritional challenge (Reis *et al.*, 2020).

The document entitled "Clinical Protocol and Therapeutic Guidelines: Food Allergy – The report "Cow's Milk Protein," issued by the Ministry of Health (Brazil) in 2022, presents data on studies that assessed the clinical signs and symptoms of cow's milk protein allergy (CMPA) in children from the five regions Brazilian women. This study found a prevalence of 5.4% and an incidence of 2.2% of cow's milk protein allergy (CMPA) among them. children aged 24 months or younger. In addition, it addresses another national study that employed the oral food challenge test (OFT) as a diagnostic method, revealing a prevalence of 1% in children aged 4 to 23 months and 0.09% in children aged 24 to 59 months. Additionally, the document It presents data from the Ministry of Health (MS) that estimates that, in the years 2012 and 2019, respectively, 0.4% (with a confidence interval of 0.2% to 0.7%) and 1.2% of children up to 2 years old were attended to. in nutritional care services or programs structured for the monitoring of cow's milk protein allergy (CMPA).

Allergy to cow's milk protein not only directly affects affected children because of this condition, but it also exerts a substantial influence on daily life and well-being. emotional well-being of those responsible for their care (Ferreira *et al.*, 2014). In the world In contemporary times, the responsibility for care falls significantly on mothers, which... This intensifies in the context of mothers whose children have CMPA (Reis *et al.*, 2020). In reality, daily challenges are faced that require constant vigilance to ensure well-being. well-being and the safety of children (Reis *et al.*, 2020). During the lactation phase, it becomes imperative impose dietary restrictions on the mother's diet. This is due to the potential for traces of cow's milk, present in the mother's diet, being transferred to breast milk, exerting an impact directly impacting the child's health (Reis *et al.*, 2020). In this context, the mother, as a nursing mother, feels compelled to... to completely modify their diet and routine, with the purpose of ensuring the preservation of their health. of their baby (Reis *et al.*, 2020).

With the start of the introduction of solid foods, the caregivers of the child with CMPA (Cow's Milk Protein Allergy) They face the additional challenge of carefully selecting foods, carrying out an analysis. meticulous inspection of product labels to ensure that they do not contain milk or milk proteins. composition (Reis *et al.*, 2020). Caring for a child with CMPA demands considerable effort, patience, sacrifices, and diligent care (Reis *et al.*, 2020). This responsibility, in a way, It influences the experience of all family members, despite being predominantly assumed. by the mother, who often faces such challenges in isolation (Reis *et al.*, 2020).

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Therefore, the general objective of this research is to describe the challenges faced.

for caregivers of children with CMPA (Cow's Milk Protein Allergy), addressing the etiology and physiology of the condition. Explore The diagnosis and management of this allergy from the caregivers' perspective. Listing studies that investigate the impacts of CMPA (Cow's Milk Protein Allergy) on daily routines, food choices, and emotional well-being of individuals. those responsible for the care of these children.

## **Methodology**

In this work, an integrative literature review of a descriptive nature was carried out. and exploratory, with the objective of answering the guiding question: "What are the main challenges "What challenges are faced by caregivers of children with CMPA (Cow's Milk Protein Allergy)?" The investigation used the following databases: Data from: National Library of Medicine (PubMed), CAPES Journals, Scientific Electronic Library Online (SciELO) and Google Scholar. Additionally, the book Pathology of Nutrition was consulted and Diet therapy, which, in its first chapter, addresses "Nutritional pathologies and diet therapy in "Food allergies and intolerances". The descriptors used for the search were: allergy to cow's milk protein, milk hypersensitivity, parent-child relationships, psychological stress. Disease impact profile and adverse food reactions.

The inclusion criteria were works published in scientific journals that dealt with the challenges faced by caregivers of children with CMPA (Cow's Milk Protein Allergy) and investigate the impacts on routine, in food choices and in the emotional aspects of caregivers.

For the compilation of the data, and subsequently for the creation of the table, a cut-off point was considered. A period of 5 years, between 2020 and 2024, with the aim of using more current research.

English keywords were used with the Boolean operator "AND", and were included in the This study only includes articles from primary sources of information in English and Portuguese. The following were excluded: monographs, reviews, editorials, opinions, and duplicates. The following were considered. Studies covering food allergies were included, as long as they mentioned cow's milk protein allergy (CMPA). Data collection followed... The following steps were taken: initially, the central theme of the study was defined, followed by the delimitation of the... Inclusion and exclusion criteria were established. Subsequently, the titles were read sequentially, followed by... The analysis of the abstracts was followed by a full reading of the selected articles.

## **RESULTS AND DISCUSSION**

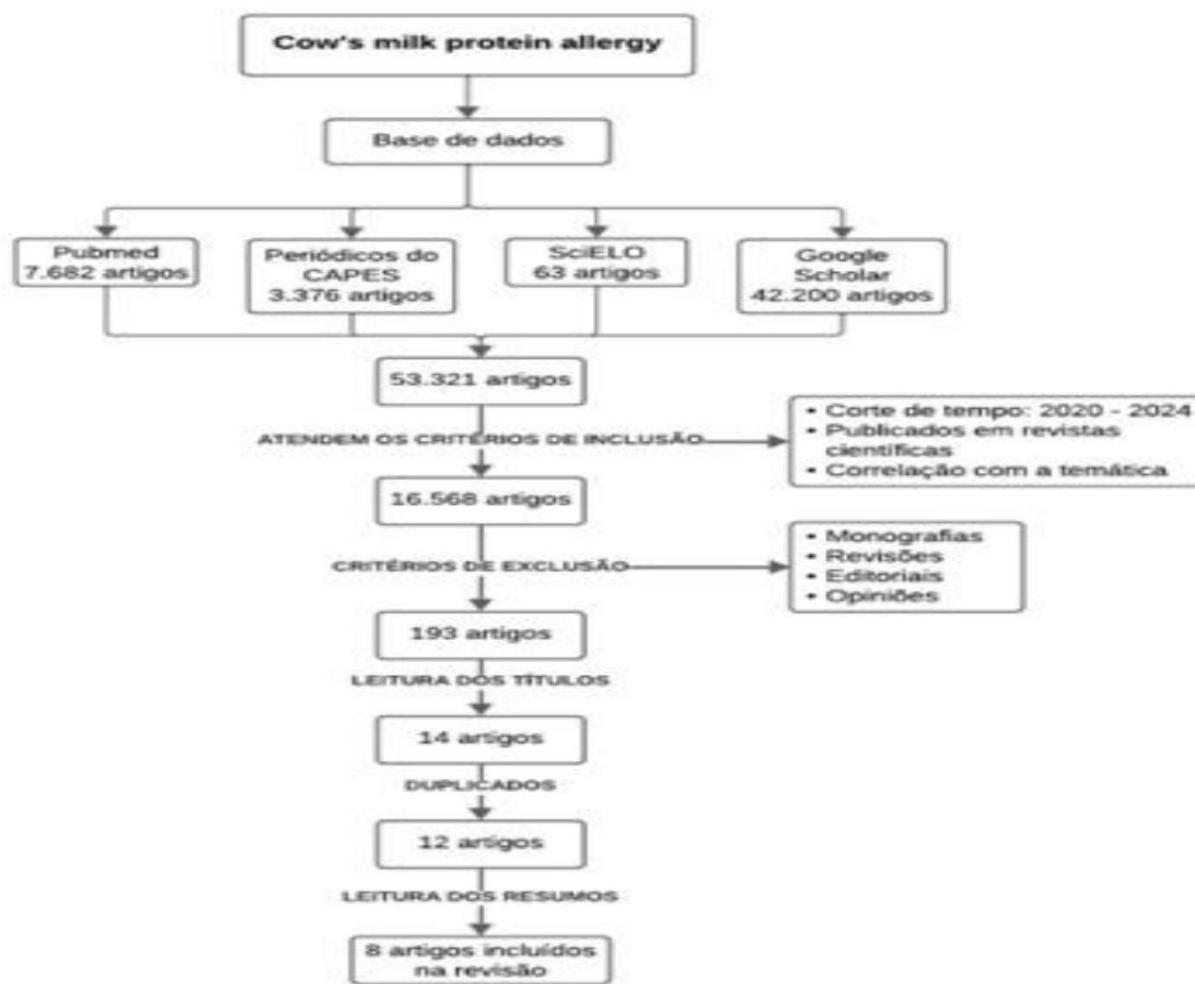
A search for the descriptor Cow's Milk Protein Allergy (CMPA) in the databases resulted in A total of 53,321 articles were submitted. Of these, 16,568 met the pre-selected inclusion criteria. established. After applying the exclusion criteria mentioned above, 193 remained.

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articles. The titles were then read sequentially, excluding those that did not fit the criteria.

related to the study's theme, resulting in 14 articles. Of these, 2 were duplicates and were eliminated, totaling 12 articles for abstract analysis. After this analysis, 8 articles were selected for inclusion in the review. The selection process was structured in an organizational chart. (Figure 1), which highlights the main steps involved.

**Figure 1.** Descriptive flowchart of the literature review research process for this article.



**Source:** developed by the author, 2024.

Cow's milk protein allergy (CMPA) is a common dietary condition, especially in infants and children under 3 years, triggered by the ingestion of proteins present in cow's milk (Sicherer, 2011). This condition can result in a wide range of symptoms, including gastrointestinal manifestations, respiratory and cutaneous reactions, which occur consistently with the ingestion of the food. triggering factors, which can range from mild manifestations, such as hives, to severe reactions, such as respiratory difficulties and anaphylaxis (Matthai, 2020).

An allergy to cow's milk protein can trigger various symptoms, depending on the individual. The immune mechanism involved is crucial, with clinical symptoms being more frequent in the early stages.

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six months of age (Muttoni, 2017). According to studies, digestive symptoms are the most common.

Common symptoms include regurgitation and vomiting, cramps, diarrhea, and blood in the stool (Burns *et al.*) (al., 2017). It is worth noting that each infant may present with one or more clinical manifestations. (Burns *et al.*, 2017).

Cow's milk protein allergy (CMPA) can be classified into two main categories, according to the type of mechanism. immune system involved: mediated by immunoglobulin (Ig)E or not mediated by IgE (Burks *et al.*, 2012). Reactions mediated by immunoglobulin E (IgE) are called direct or immediate reactions. characterized by the onset of symptoms within seconds or up to 2 hours after ingesting cow's milk (Muttoni, 2017). On the other hand, reactions not mediated by IgE (cellular), known as Late manifestations, as symptoms begin hours or even days after ingesting the food. (Vieira, 2015). Cow's milk proteins, such as beta-lactoglobulin, alpha-lactalbumin and Casein is the main trigger for this allergic reaction (Muttoni, 2017). Although these Although proteins are essential nutrients and the human body can metabolize them, it often cannot. They are identified by the immune system, which results in the development of allergies (Muttoni, 2017).

The management of cow's milk protein allergy (CMPA) is dietary and based on the total exclusion of cow's milk and its derivatives. Regarding diet, the goal is to prevent complications and control the condition. As a replacement, Specific infant formulas are recommended, such as extensively hydrolyzed whey-based formulas. milk or casein, amino acid formulas and, in some cases, soy-based formulas (Solinas, C.; Corpino, M.; Maccioni, R., 2010).

### **Lifestyle impacts on the emotional health of caregiver(s) of children with CMPA (Cow's Milk Protein Allergy)**

Table 1, described below, compiles the most significant results for each...

The scientific article selected in the research, as well as the authors, type of study, year of publication, and location. The study includes the sample, objectives, methodology, and results. The 8 articles are studies published in international journals, three of which were published in Brazil, two in Türkiye, two in Canada, and the rest in the United Kingdom. Of the selected articles, three were published in Portuguese and five in English.

The predominant study was qualitative in nature, present in three articles, as well as... A cross-sectional study, also applied in three articles, was identified. In addition, a study of... This was a field and observational study. The age range of the participants varied between 18 and 55 years, with some studies were conducted exclusively with caregivers, and others involved both. allergy sufferers and their caregivers. In these cases, the age of the allergy sufferers varied. from 6 months to 16 years and 6 months. Studies were conducted with both sexes and others focused on only to the female gender. It is important to highlight that, even in situations where the research could

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to be answered by both parents, the vast majority of responses obtained were provided by the mothers.

**Table 1** – Summary of articles analyzed for review.

Article Author, year of publication, location of the study	Outline, type of study and N	Objectives of study	Methodology	Key findings
1 Edson Batista dos Santos Junior et al. Published in 2023 Ceará	Study of field N = 6	To identify the challenges faced by mothers after a diagnosis of cow's milk protein allergy during breastfeeding.	Six mothers were identified using the <i>snowball sampling technique</i> . Information regarding the mothers' characteristics, the diagnosis of cow's milk protein allergy (CMPA), and the challenges in breastfeeding after the CMPA diagnosis were obtained through interviews conducted between April and June 2023.	These mothers gave up their routines and diets in order to continue breastfeeding, and among the challenges they reported were following an elimination diet, weight loss, and distressing psychological factors.  Based on the mothers' accounts, it became clear the challenges they faced and continue to face due to CMPA (Cow's Milk Protein Allergy), and their dedication in giving up everything and completely changing their habits and routines to dedicate themselves exclusively to their children's health.
2 Pamela dos Reis et al Published in 2020 Paraná	Qualitative study N = 9	Understanding the repercussions of cow's milk protein allergy, from the perspective of... maternal	19 mothers, participants in online groups about cow's milk protein allergy, were invited through message Private individuals, using their own social media platform, were invited to participate in the study. Of these, 9 mothers met the inclusion criteria for the research. A semi-structured script was used, addressing socioeconomic characteristics and guiding questions related to the study's theme.  The data were collected from January to March 2017 through semi-structured interviews.	The strict dietary restrictions resulting from an allergy to cow's milk protein have a significant impact on the lives of children and families, especially mothers, leading to social isolation within the family.  The lack of support and understanding regarding the seriousness of the situation, on the part of people in the social circle of the child's family with cow's milk protein allergy, can further hinder treatment, triggering social isolation and withdrawal of the child and their family.

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3	Vanessa Korz et al  Published in 2021  Saint Catherine	Observational case-control study  N = 70	To analyze you the effects of cow's milk protein allergy on children's health, quality of life for caregivers and children, and lifestyles.  you adopted parents.	The study included 70 children and their caregivers: 26 cases and 44 controls. Data collection was carried out through home visits, during which the following procedures were...  explained to the person responsible for each child, they participated. Only those who sign the informed consent form will participate in the study.  Later, Data were you collected using research instruments, with a duration of 30 to 45 with minutes.	Children with allergies showed poorer quality of life in the "health" dimension, but caregivers showed better emotional quality of life.  The overall results of this research indicate that the protective actions taken by caregivers of children with cow's milk protein allergy ended up impacting various aspects of stimulation for these children, since some of the protective actions apparently reduced social experiences with other children and adults, as well as reducing physical stimulation for children with allergies.  generated
4	Yasar Tanir Abdulvahit Asik  Published in 2023  Türkiye	Cross-sectional study  N = 82	To investigate you internalizing problems and coping styles in mothers of young children with CMPA (Cow's Milk Protein Allergy).  with	The study sample consisted of 41 mothers with a child with cow's milk protein allergy (CMPA) and 41 mothers with a child with chronic health problems. The Beck Depression Inventory without (BDI) was developed to classify depression in adults.  The scale cutoff scores were as follows: 0-17 points mild anxiety, 18-24 points anxiety, 25 and above severe anxiety.	Depression and anxiety scores were significantly higher in the group of mothers of children with cow's milk protein allergy (CMPA) according to the Beck Depression and Anxiety Scales. Mothers in the CMPA group had significantly more moderate to severe depression and anxiety than mothers in the control group.  and  Parents of children with cow's milk protein allergy (CMPA) may behave differently from parents of healthy children in terms of the physical and psychological aspects of raising their children. In this study, children with CMPA were breastfed for a significantly shorter time than children in the control group.
5	Nergiz Sevinc et al  Published in 2021  Türkiye	Cross-sectional study  N = 162	To assess anxiety levels in mothers of babies newly diagnosed with CMPA (Cow's Milk Protein Allergy) and Compare with controls.  Determine if there is	A total of 80 mothers of babies suspected of having CMPA (Cow's Milk Protein Allergy) and 82 mothers of healthy babies were... recruited for the study. After excluding 11 mothers, 73 mothers of babies remained.	Mothers of infants newly diagnosed with cow's milk protein allergy (CMPA) presented higher anxiety scores than controls. In the present study, we found that both the median scores of the State-State and Trait-State anxiety assessments in mothers of infants with CMPA were higher.

			<p>a difference in mothers' anxiety levels regarding infant symptoms.</p> <p>with APLV.</p>	<p>Newly diagnosed mothers with cow's milk protein allergy (CMPA) and 78 mothers of age-matched healthy infants were included in the study.</p> <p>An inventory was used to assess maternal anxiety.</p> <p>State-Trait Anxiety Disorder (STA).</p> <p>Held from between March 2019 to February 2020.</p>	<p>APLV were significantly higher than in the controls (<math>p&gt;0.05</math>).</p> <p>Based on the study results, CMPA (Cow's Milk Protein Allergy) appears to create negative effects not only on the health of babies, but also on the emotional state of their parents.</p> <p>mothers.</p>
6	<p>Kate Roberts et al</p> <p>Published in 2021</p> <p>United Kingdom</p>	<p>Cross-sectional observational quantitative research</p> <p>N = 105</p>	<p>Exploring anxiety, worry, and post-anxiety symptoms stress</p> <p>This study aimed to evaluate the psychological impact of post-traumatic stress disorder (PTSS) in parents of children with food allergies and to assess whether these three psychological outcomes could predict to be allergy severity, by the intolerance, uncertainty, and self-efficacy in relation to food allergy.</p>	<p>The participants were 105 parents who reported that their children had clinically diagnosed food allergies. Participants were recruited for a study on parental well-being through an allergy clinic and social media advertisements.</p> <p>Participants completed online questionnaires assessing anxiety, worry, PTSS, intolerance to uncertainty, self-efficacy in food allergy, and demographic and allergy information. All participants completed the study.</p> <p>online between April and November 2018.</p>	<p>In this sample, a large proportion of parents of children with food allergies reported clinically significant concern, anxiety, and/or PTSS (post-exposure prophylaxis).</p>
7	<p>Elissa M. Abrams et al</p> <p>Published in 2020</p> <p>Canada</p>	<p>Qualitative study</p> <p>N = 23</p>	<p>Describe to the perceptions of mental health problems related to food allergies among parents of children with a long-term diagnosis of food allergy.</p>	<p>Between March and July 2019, 21 families were recruited, including two dyads (mother-father), from the tertiary pediatric care center for food allergies and the allergy education center.</p> <p>in Winnipeg, Manitoba, to</p>	<p>Parents of children with multiple food allergies reported a negative impact on their mental health.</p> <p>Outside the home environment, adaptation and accommodation have become much more important. challenging for these families.</p> <p>Age-appropriate activities, such as playdates, birthday parties, and sleepovers, represented a constant struggle between trying to...</p>

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				Participate in qualitative interviews.	of To maintain the child's safety and preserve and relationships good with friends and acquaintances.
8	Rishma Chooniedass et al  Published in 2020  Canada	Qualitative study  N = 40	Describe the experiences of parents when dealing with a child with food allergies.  Furthermore, it will explore the types of resources parents would you prefer to help them cope with having a child with food allergies and, more with specifically, they as They would like that to happen.	The parents of a child diagnosed with food allergies were recruited in Vancouver and British Columbia (Victoria and Kelowna). A total of 40 parents (33 women) participated in the focus groups. The promotional material was displayed in the offices of local allergists and distributed to members of the Food Allergy Association of British Columbia Canada. The sessions were conducted in a semi-structured format, and participants were instructed to answer each question individually before sharing with other participants. The focus groups lasted between 50-90 minutes. All focus groups were audio-recorded and transcribed.	All parents in this study expressed some type of anxiety when caring for a child with food allergies.  Parents experience a wide range of emotions when a child is diagnosed with a food allergy, including guilt, frustration, isolation, sadness, and anxiety. Caring for a child with a food allergy presents an additional burden for parents, who must ensure their child is not exposed to foods that could cause a potentially fatal reaction.

Source: Table developed by the author, 2024.

Based on the research presented, four studies were conducted exclusively with mothers and four others with mothers, fathers, or guardians of children with CMPA (Cow's Milk Protein Allergy). Considering all the participants in these four studies, which included any caregiver for the child, totaled... The number of respondents was 238, of which 91.6% (N=218) were mothers and 8.4% (N=20) were fathers. The imbalance in the distribution between the sexes points to a bias in the studies analyzed. Most of them The difficulties reported after a pediatric diagnosis of cow's milk protein allergy (CMPA) were described from the point of view of... maternal. Furthermore, the significant difference between the number of responses from mothers and fathers reinforces the idea that responsibility for childcare falls predominantly on mothers.

According to the findings, of the eight studies analyzed, seven showed that...

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Cow's milk protein allergy (CMPA) impacts not only individuals with the condition, but also their quality of life.

of their caregivers. Among these, five studies highlighted that those responsible for children with

APLV (Cow's Milk Protein Allergy) individuals exhibit high levels of anxiety and a greater predisposition to developing...

depression. On the other hand, Kroz's research (2021), in which a comparison was made between a

A group of parents of children with CMPA (N=26) and a control group composed of parents of children without

chronic health conditions (N=44) revealed a divergent finding. In this case, the caregivers of

Children with cow's milk protein allergy (CMPA) showed better emotional quality of life compared to the group.

control. The study authors suggest that this result may be associated with the development

specific strategies and skills for allergy management may have contributed to the

improving the emotional well-being of these caregivers.

Five studies have indicated that caregivers of children with cow's milk protein allergy (CMPA) tend to adopt... more vigilant and protective behaviors towards their children, with the aim of preventing

any exposure to the allergen. However, this attitude often results in a

overprotective behavior, which, in turn, can limit opportunities for children with

Food allergies can affect social experiences. Overprotective parents demonstrate vigilance.

excessive, they have difficulty coping with separation and exert a high level of control, the

which discourages the development of independence in children (Martins *et al.*, 2010). Furthermore,

This constant concern about children's food security contributes to increased levels.

anxiety among parents or caregivers, negatively affecting their emotional well-being.

According to reports from caregivers of children with CMPA (Cow's Milk Protein Allergy), present in six studies, It was observed that, after the diagnosis, there was a need to restructure daily habits and routines.

These changes were driven by adaptation to new demands related to care and

Managing children's dietary needs. Diagnosing food allergies requires a...

significant restructuring in family dynamics, especially for the primary caregiver –

Often, it's the mother. Besides seeking information and understanding the necessary care, she...

needs to adapt their routine to meet the new demands imposed by the condition. When the child

As a baby, the challenges intensify, since breastfeeding, which is already a naturally occurring process...

This is already a complex situation, made even more difficult by the presence of cow's milk protein allergy (CMPA), leading to feelings of frustration.

in the mother (Abagaro *et al.*, 2018).

It is known that breastfeeding is essential for the well-being of both baby and mother, playing a crucial role. plays a crucial role in nutrition during the first years of life, with benefits that last throughout the life.

life. The article "Breastfeeding in the 21st century: epidemiology, mechanisms and lifelong effects",

Published in The Lancet in 2016, it reinforces its universal importance, highlighting its benefits.

that transcend socioeconomic differences. Of the articles included in this review, six showed

the challenges faced during breastfeeding of children with CMPA (Cow's Milk Protein Allergy). In two of them, it was reported

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that some participating mothers chose to discontinue breastfeeding, resorting to the use of formula as an alternative. In addition to the physical and emotional burden that breastfeeding already entails, Breastfeeding in children with cow's milk protein allergy (CMPA) presents additional difficulties. Among the main ones One of the challenges mentioned by the mothers is the need to adhere to a strict exclusion diet, which This includes giving up foods that have been part of your daily diet throughout your life.

Despite this, in four of the studies analyzed, there were reports of mothers who, even in the face of Despite the challenges, they managed to maintain exclusive breastfeeding. They reported that the absence of adverse reactions in children when being breastfed served as a motivation to continue the restrictive diet and thus continue with breastfeeding.

Furthermore, one of the studies also highlighted the ongoing concern with food. Processed foods, both during the period when the mother needs to follow the elimination diet and afterwards. Weaning is necessary to avoid exposing the child to the allergen. This includes a thorough analysis of food labels, a process that requires time, patience and continuous effort from responsible, intensified by the fear of possible allergic reactions.

Four articles highlight that the social life of caregivers of children with CMPA is... significantly impacted by the burden imposed by the condition. Often, family members, who They should act as a support network, but end up judging the rigorous care adopted by the parents. classifying them as "exaggerated" due to a lack of knowledge about the severity of the allergy. One Studies emphasize that, faced with this lack of understanding, many mothers avoid leaving their children. into the care of family members who downplay the condition. These family members tend to ignore the recommendations, considering them "frivolous," and sometimes exposing the child to the allergen, believing that there will be no adverse reactions, which increases the risks to the child's health and reinforces the Parental overload. In this sense, as evidenced by Reis (2020), the lack of understanding Social awareness regarding the child's condition and necessary care contributes to their social isolation. as well as the caregivers, impacting the family dynamic as a whole.

The financial impact of cow's milk protein allergy (CMPA) on the lives of caregivers was highlighted by two included articles. in the table, especially with regard to the work routine. Parents reported the need for Look for more flexible jobs so you can be present in situations with a higher risk of exposure. due to the allergen. It has become common to request time off to accompany children to appointments. medical professionals, which led to a reduction in family income. Some parents even resigned from their jobs to pay for medical care. educating children at home, believing this to be the only safe option (Chooniedass *et al.*, 2020). Furthermore In addition, other costs related to CMPA were mentioned, such as expenses for tests and Medical consultations for diagnosis, the purchase of special foods, in addition to the costs of care. and medical treatments.

Six of the studies in the table highlight the need for greater support and guidance for...

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caregivers of children with CMPA, especially mothers, who often become the center of care after diagnosis. At this point, many questions arise, and the process begins of Adaptation to the demands imposed by the allergy. The study "*Breastfeeding and milk protein allergy*" "*The story of cows: challenges faced by mothers after their children's diagnosis*" aptly illustrates this reality, by recounting... through the accounts of the participating mothers, their concerns and anxieties regarding the diagnosis of APLV, highlighting the emotional burden that falls upon them. Studies emphasize that, especially Following the diagnosis, it would be essential to offer more comprehensive support to caregivers. This support It should include detailed information about the allergy, explaining the child's allergic condition and the... strategies that caregivers will need to adopt to manage it. In addition, it is essential to provide... psychological support, recommending follow-up for both caregivers and the child, in order to deal with the emotional implications of this condition.

A study conducted in the United States in 2019, entitled "*MY LIFE WITH ALLERGIES*"

"*FOOD - Parents' Survey Report*" analyzes the challenges faced by families of Children with food allergies, highlighting the physical, emotional, and social impacts. The research It highlights how family routines are transformed by the need for rigorous care, such as reading. Detailed labeling, dietary restrictions, and special attention in shared environments. Parents They reported constant anxiety about accidental exposures and feelings of isolation due to...

Lack of understanding from family members and healthcare professionals regarding the seriousness of the condition.

Although this study was not included in the present review due to the time frame. (2020-2024), their results consistently reflect the main findings of the studies analyzed. As evidenced in the articles presented in the table, the report confirms that CMPA (Cow's Milk Protein Allergy) is not only... It directly affects the life of the allergy sufferer, but it also profoundly impacts their quality of life. of the lives of their caregivers, aligning with the general conclusions of the review.

The limitations identified in this review include the predominance of participants with... less than a complete high school education in five studies, which may not reflect the reality of families. with lower levels of education, who face specific difficulties, especially in accessing Information and resources related to cow's milk protein allergy (CMPA). Three studies presented a sample mostly composed of married participants, which may not represent the experience of Single parents who face additional challenges in caring for children with CMPA (Cow's Milk Protein Allergy). Furthermore, in In three studies, the majority of participants were employed or had flexible jobs, which It facilitates adaptation to the unpredictable demands of cow's milk protein allergy (CMPA), but does not address the reality of families. with inflexible jobs or in a situation of unemployment. Two studies indicated that the majority of Participants had access to health insurance or private consultations, which may not be applicable to... families without access to private services, who face greater difficulties in diagnosis and monitoring of cow's milk protein allergy (CMPA). Finally, two studies mentioned, as a limitation, the use of

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self-assessment scales to evaluate the psychological impacts of cow's milk protein allergy (CMPA) on participants' lives, and They suggested that, in future research, it would be more effective to use psychiatric examinations for To assess anxiety and depression in caregivers.

## CONCLUSION

Based on the results obtained in this research, it is concluded that CMPA (Cow's Milk Protein Allergy) impacts significantly impacts the routine and emotional aspects of caregivers for children with this condition. condition. The need to adapt to new demands requires a comprehensive restructuring of The routine of caregivers, affecting their interpersonal relationships, emotional balance, and autonomy. professional and even leisure time. These challenges reflect the complexity of living with a A condition that requires constant vigilance and complete commitment, often centralized. in a single caregiver, usually the mother.

The uncertainty, fear, and anxiety that accompany the diagnosis, coupled with the excess of Responsibilities and the constant concern to avoid exposure to the allergen demand a The caregiver's constant attention. Furthermore, there is a lack of social understanding regarding the seriousness of... Allergies and frequent judgment from others further intensify stress and isolation. challenges faced by those in charge, exacerbating the emotional burden placed upon them.

Given this scenario, the need for integrated approaches that go beyond the... becomes clear. Clinical management of allergy, with emphasis on strengthening social, psychological and support networks. educational, to ensure broader and more effective support for caregivers. Therefore, it is concluded that it is It is essential to adopt an integrated and multidisciplinary approach in the care of families of children with APLV, which considers the various dimensions of the impact of this condition.

Furthermore, the need to increase the representativeness of the samples in future studies is reinforced. research, ensuring an equal gender split among caregivers and including families of different socioeconomic levels, varied family structures, and distinct realities of access to health services. This approach will allow for the development of more effective interventions. promoting the physical and emotional well-being of both caregivers and the children under their care. precautions.

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Year VI, v.1 2026 | Submission: 01/17/2026 | Accepted: 01/19/2026 | Publication: 01/21/2026

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