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My Food Allergies



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Illustrated by David Robinson



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Synopsis

My Food Allergies is a wonderfully illustrated, interactive book that tells the story of a small boy and his family as they learn he has serious food allergies. My Food Allergies helps children and their parents understand the unique practical and social implications of being a child with food allergies. This book is great for children with any of the top eight food allergies, as well as less common food allergies, and multiple food allergies. Written by a Registered Dietitian and mother of a child with a life threatening food allergy, the book is designed to encourage thoughtful discussion between you and your child about their specific allergy and how to stay safe and prevent reactions.

Book Information

File Size: 4061 KB

Simultaneous Device Usage: Unlimited

Publisher: DNW Publishing (July 25, 2014)

Publication Date: July 25, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00M503WSK

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #541,208 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

in Books > Health, Fitness & Dieting > Children's Health > Allergies #162 in Books > Health,

Fitness & Dieting > Nutrition > Food Allergies #170 in Kindle Store > Kindle eBooks > Health,

Fitness & Dieting > Diseases & Physical Ailments > Allergies

Customer Reviews

This book is an EXCELLENT discussion guide in the form of a storybook that helps you, the parent, teach your child about their food allergies and what to do about them. I know many parents who have children with severe allergies, and as it happens, I developed a food allergy late in life --it can happen that way. So now I'm living the world of "no nuts, please!" and I totally sympathize with the important job you have to protect your child and teach him about avoiding food allergens. The book is a simple story of Kieran and his mom. Kieran eats granola and breaks out in hives. He goes to the

hospital. Yes, he's allergic to nuts. Now, they have to learn what foods to avoid, about not sharing food, about epi-pens and about strategies to take part in activities where foods are served--bring snacks to share that are nut-free so you can take part. The best part of this book? Well, there are two best parts. The first are the illustrations, which are quite attractive and cheerful. I enjoyed the artwork. The second and maybe even better part is the guided discussion, where you can read the book with your child, include them in the story and then involve them in making themselves safe from food allergens. If you have a child who is allergic to something, this is a really great way to teach them about their special problem. I highly recommend this book.

This is a GREAT book! My son has an allergy to peanuts and tree nuts and this book has been a great way to teach him about his allergies. It's a cute book, well written, and tells the story about how Kieran found out he had a food allergy (through eating the food the first time and having a reaction which can be scary for the parents...how most people find out). After the story comes my favorite part where it becomes interactive and the book asks your child what allergy they have and walks the child through how his family helps him with his allergies (avoid certain foods, Epi-pen etc). Very cute book and I highly recommend it!

This is a great book to use with your young child or in a pre-kindergarten/kindergarten classroom where a child has food allergies.

This is a great book for children that illustrates the risk associated with food allergies. Being a mother of a child who is also allergic to tree nuts, I will read the book with my child and let him lead some discussions on his food allergies. It also shows other people the seriousness of the issue.

A great book for ALL - to understand and be informed about children's allergies.

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