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Food Allergies And Me: A Children's Book



Synopsis

Food Allergies and Me is a children's book that provides an engaging and relatable experience for children who are beginning to learn about and cope with food allergies. Explore the life of a food allergic child as you follow Jack through a day of school, an allergist appointment, and the playground. Young children will begin to understand the importance of identifying allergens, asking for help when unsure, and alerting an adult immediately should they experience symptoms of an allergic reaction. Jack's confidence demonstrates to the reader that having a food allergy is not a stigma or shame. Rather, it is a safety issue made simple with the ability to self advocate. Whether a child has allergies or has a friend who does, they will benefit from social lessons such as not sharing food, washing hands, and embracing one another's differences. This book equips children with social and safety knowledge, as well as the tools needed to confidently navigate life with food allergies.

Book Information

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Average Customer Review: 4.6 out of 5 stars 72 customer reviews

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Customer Reviews

"An allergic child might enjoy seeing a book character bring their own "safe cupcake" to a birthday party, as it is familiar to so many allergic families..." --AvoidingMilkProtein.com "Food Allergies and Me teaches kids essential safety knowledge in a relatable, engaging way, which will help them build knowledge and awareness in explaining their food allergy to others..." -- Calorielab.com

Juniper Skinner is the mother of two boys, one of whom has multiple food allergies. She has firsthand experience with the emotional and logistical challenges of parenting a food allergic child and understands the added responsibility of keeping a child safe in uncontrolled food environments.

Preparing her child for school and social settings gave Juniper the motivation to empower parents, caregivers, and children with this book.

My son has FPIES (a rare type of food allergy) to multiple foods and some are unusual (he is allergic to rice and oats, which are usually safe). I was looking for a book that didn't just tell him to avoid foods with a particular type of allergen, but one that gave some basic guidelines about living with allergies, that a two year old could understand and internalize. This book is great. The main character has 3 allergies and it covers all the basics - asking mom/dad before eating something, hand washing, not sharing food, not hiding a reaction, allergy testing and it does it in a way that makes allergies seem like a normal part of life, not something to be upset or anxious about. I love it! I highly recommend this book to any parent who is trying to help their child understand what it means to have allergies, I think it would also be good for kids who have friends or family members with allergies.

My grandson has a food allergy to peanuts and recently had an adverse reaction which necessitated another trip to the hospital and use of his epi pen. He just turned 5 and he needed to know he has to practice awareness in the event he is with others who are not aware of food allergies and don't ask the kids before serving items. He enjoyed this book quite a lot and asked for me to read it to him several times. He now knows he has to ask "are there any peanuts in this food?" before eating snacks at events that are in school, sports, classes, etc. and he has to not share food. This book helps open that dialog.

I love this book! I ordered it because my oldest son (also named Jack), has multiple food allergies. I wanted something that I could read to him and his younger brother. I LOVE that this book simultaneously stresses that food allergies need to be taken seriously while also showing that it's not something that needs to rule (and ruin) every aspect of life. Fantastic book! I will be taking this to my son's preschool class to share with his classmates!

I wish I found this book years ago. It is perfect. My 7 yr old daughter has had severe food allergies since she was 10 months old. Allergic to all nuts, shellfish, and dairy. We carry an EpiPen everywhere we go and she knows what she can and can't eat. However, her classmates and friends sometimes don't understand why she always has to bring her own food or own cupcakes to parties. This book takes a very simple approach to explaining food allergies to children that makes it seem

a normal, natural part of life; which to my daughter it is. It doesn't make allergies seem weird or make out the child to feel excluded. Wish we had this when she was in preschool, would have made her life a lot easier - both for her and her friends to understand allergies better.

I am so thankful that I found this book. My son has severe food allergies and this book helps not only himself understand more but also his peers. I bought this book for his preschool teacher to read to his class and plan on bringing it to school next year when he starts DK. I highly recommend this book for anyone with young children dealing with food allergies.

Simply amazing. We've been looking for a book to read to my child about his food allergies. There're others but this one was wonderful as the main character has multiple food allergies, not just peanuts (seems that's the allergy of choice for children's books). Our son has autism so doesn't understand his allergies at all, but I'm excited for this book. We also brought it in and showed it to his preschool teacher for next year, and she was amazed. They're ordering it for the entire district for preschool and elementary classrooms. It presents the allergies in a way that is helpful, and informative without being super scary. Perfect for kids.

I really was searching for a book for my 2.5 year old to help teach him about his food allergies. Our library only had one about peanuts (which he's not allergic to) so I turned to . Despite some of the not so great reviews this book got, I gave it a try and I am SO glad I did. He actually picks it out just about every night for one of his bedtime stories... and when I ask him questions about it, like if he's allowed to share food, he can answer me correctly! I will probably be buying this for all of his classrooms until he's significantly older to help educate his teachers and classmates.

I really, really love this book. My almost 3 year old has a severe peanut allergy and I wanted to start reading to her about her allergy to help her understand. There will not always be friends in her life who are caring in regards to her allergy so I need for her to understand the things she can and cannot have. I feel like this book has been a step in the right direction because since we have been reading it she has started to tell me, "Peanuts make me sick."

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