

# Food Allergies and Me



By Juniper Skinner

*Juniper Skinner*

## **Food Allergies and Me: A Children's Book**



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Food Allergies and Me is a children's book that delivers an engaging and relatable experience for children who are beginning to find out about and cope with food allergies. Explore the life of a meals allergic child as you adhere to Jack through a day time of college, an allergist appointment, and the playground. Rather, it really is a safety concern made simple having the ability to self advocate. Whether a child has allergies or has a friend who will, they will benefit from sociable lessons such as not sharing food, cleaning hands, and embracing one another's variations. Young children will begin to understand the importance of identifying allergens, asking for help when uncertain, and alerting a grown-up instantly should they experience the symptoms of an allergic reaction. Jack's confidence demonstrates to the reader that having a meals allergy isn't a stigma or shame. This book equips children with social and protection knowledge, and also the tools had a need to confidently navigate lifestyle with food allergies.



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