



# The BugaBees

Friends with  
Food Allergies

by Amy Recob



*fun food allergy education for kids & families*

Amy Recob

## The Bugabees: Friends With Food Allergies



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A whimsical tale of eight close friends with food allergies. In the home and at college, at the park, or on the beach, BugaBees find methods to stay safe, have a great time, and understand that the joy of friendship is much sweeter than any meals they can, or in some instances, can't have. This light-hearted tale explores the daily routines of eight greatest buggy close friends such as Beetle, Cricket and Butterfly, because they face their particular food allergy symptoms with positivity and poise. Food allergies are never fun, but best friends usually are! With captivating illustrations and smart rhyming verse, this fun and fanciful tale teaches children to be happy and healthy in spite of a meals allergy diagnosis. Additional actions and talking factors in the rear of the reserve inspire additional learning and teaching possibilities for small children and their caregivers. The BugaBees: Friends with Meals Allergies brings fresh optimism and fun to kids coping with the everyday issues of managing a meals allergy. While a child could possibly be allergic to any meals, BugaBee characters derive from the eight foods that account for 90 percent of most allergic reactions: peanuts, tree nuts, seafood, shellfish, milk, soy, eggs and wheat.



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Strong benefits and drawbacks I have a bit of a mixed feelings going on with this reserve because it's great to finally see a publication that acknowledges more than only a peanut allergy. She can't have a bit, not just one little lick!! and the repetition helps her keep in mind the essential gist "i can still have a great time without X" Our 2.. I am reading it to a four-year-old which might contribute to the problem but it's hard to also find great books for that generation on this topic. Five Stars Cute book Entertaining Filled with bright colors and a group of smiling bugs (Bugabees), children learn that food allergy symptoms can be dangerous, but not detrimental to having fun. from a dietitian's viewpoint This book is a superb educational tool for children with food allergies, and I think the follow-up book the writer wrote (the BuggyBops) is a nice addition, for children who don't have food allergies, but are exposed to children who do. Great information! The Bugabees is an excellent book to instruct children they can have a great time even without their problem food. It includes a bug with an allergy to each one of the top 8 foods, and a reward at the end where one can discuss allergy symptoms and safe foods with your child. I loved that they were able to inform the reader that allergies are serious and sometimes need shots etc, but without making it scary. Great for allergy families and friends Wonderful book to open up the discussion in my son's food allergies. I actually discover the cadence of the rhyme a little awkward, but my 3 year outdated loves it, which is all that matters. With school on the horizon, he'll be spending more time out of my care and it's so essential that he's aware of and learns to ask about the protection of meals around him. Best way to avoid allergy exposures is to teach about it. Great information... This is a publication I keep throughout the house and pull out every once in awhile. I don't adore the cadence when scanning this aloud... there's places that it feels if you ask me the words should (and may) rhyme. It's very educational book but quite lengthy.. The illustrations are super lovely and the author appears to have tried to add a talk about of all of the most typical food allergies, so that most children won't feel that their allergy is normally left out. The illustrations are pretty and engaging, and the info is usually accurate, relevant, and presented in a way that children will be involved and will learn potentially lifestyle saving details. The graphics in this book have become fun, radiant, and colorful I'm going to give it a 4 because I have blended feelings on the actual fact that we never seem to make it through the whole book without her feeling bored. This includes events such as for example Halloween, a picnic, school lunch, etc.. I can still have a lot of fun without peanuts in any case. I really didn't think he'd just like the book. Best for kids 5 or more. We need to read it every evening! Love it! At the end, I'm "not allowed" to skip the last pages where we review which allergies he provides and which foods he can eat from the choices. He thinks the bugs are so cute. Adorable book. My 3 year-old loves it. My child with food allergies LOVES that there is a book that tells a story about something he handles every day. I think we will buy another copy to contribute to his preschool classroom. This is so so cute and a great informational book for young children to understand about allergies. but that's a personal preference of mine. Great little book. This was an excellent, fun way to introduce the concept. To my surprise, it's his favorite! I love the little rhyme. It helps my son feel just like he's not really the odd ball out due to his allergies. Very cute book A great reserve to teach allergies I acquired this for my son's kindergarten course. Also teaches them what to avoid. My child likes it. Great family book for child with allergies Highly recommend for any child with allergies!!! I . Additional activities and talking factors about allergy symptoms including peanuts, milk, fish, wheat, shellfish, tree nuts, eggs, and soy are given in the back of the reserve. :) It's an adorable book. Our little girl includes a peanut allergy which has helped her understand that she isn't only. We are buying another copy as a

Christmas gift for her teacher to read to the class :) Positive book It's very positive. Sometimes allergy books highlight unfavorable things. This one does an excellent job! Great resource for school too! Teaches that everyone has something they can not eat and how exactly to consult before you acknowledge any foods from anyone.! Some days we just browse the pages that relate to her allergies, however, many days she really wants to read them all.. I got this for my son's kindergarten course. I gave this to his teacher to learn to his class to allow them to understand how important it really is to take allergies seriously also to not share meals. I am satisfied with my buy. Each two-page spread introduces an average scenario in which a child with allergy symptoms may encounter an assortment of foods. 5 year old with 5 food allergies LOVES this book. The rhyming text message warns the other bugs, that if one of their friends comes with an allergy it could make sure they are quite ill. "Treats touched by peanuts will make Cricket unwell. (My daughter suffers from a dairy and soy) This can be a first book I've ever seen that discusses a soy allergy :) I was also impressed how the reserve gives you examples of products you would find each allergy in every day products." The Bugabees are all noticed smiling and the main one with an allergy never gets upset that they may't have the treat. "No many thanks,' she says. 'It's really okay. The story is simple and cute, and the repetition assists her remember the basic gist "i can still have a great time without X" I really didn't think he'd just like the book I bought this purely for educational purposes, to start out some conversations with my 3 yo son about his allergies and produce it a "normal" point." This refrain is normally repeated on almost every page by Bugabees with different allergies. The repetition of the chorus gets a little tiresome, but drives the message home. Love this!



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