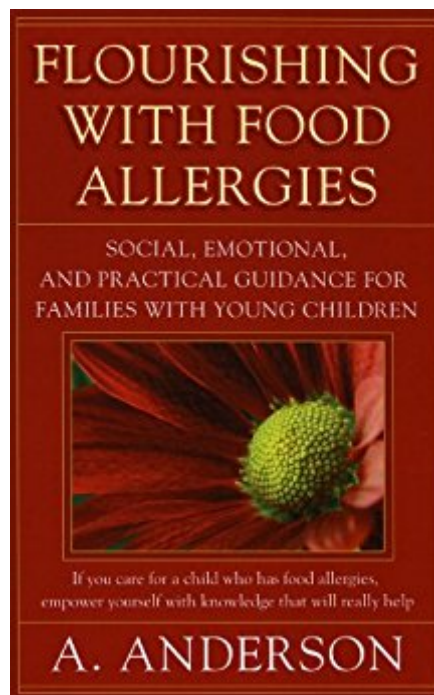


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# Flourishing With Food Allergies: Social, Emotional And Practical Guidance For Families With Young Children



## Synopsis

Pinnacle Book Award Winner, Health NABE As close to a bible on the subject as existsâ | Dennis Littrell, Top Reviewer, A first pick for any parentâ | James A. Cox, Editor-in-Chief, Midwest Book Review Great book! Jim Barnes, Managing Editor & Awards Director, JenkinsAn exceptional bookâ | Kelly Jad'on, Founder of Basil & SpiceA pleasant, warm, friendly approach to a scary problemâ | Tracy B. Fausnight M.D., Assistant Professor of Pediatrics, Allergy and Immunology, Penn State Children's HospitalClear examples and incentives to those training food handlersâ | International Food Hygiene, Positive Action Publications Ltd., East Yorkshire, EnglandAn empowering guideâ | MaryKay Hill, Executive Director, Vermont Food Allergy OrganizationA valuable resource... Roxanne H. Condon, MS, LPC Master of ScienceThoughtfully written and straight to the pointâ | Deana Boucher, RD CDEAn invaluable resourceâ | Deborah Markus, Secular Homeschooling Editor I absolutely loved it!!!...# 1 book to read... Karen A. Jordan, Executive Director, Berkshire Food Allergy Consulting Services Product DescriptionAnderson tackles a scary problem in a friendly way by sharing stories from other parents and guidance from medical professionals along with the latest research about food allergies. The case studies help readers identify with various symptoms of food allergies that can often be hard to see and can be missed by physicians at first glance. She explores the feelings of denial and guilt that a parent may experience along with difficulties between spouses, relatives and friends with ways to proactively handle these problems including a chapter written by her husband that is geared towards fathers to be supportive and how to minimize risks. The perspectives from the doctors offer specialists in allergy, psychology, pediatrics and homeopathy. Each physician looks at problems differently which can help parents better understand their child's physician. Research on the latest food allergy studies are world-wide and include over 160 references. Questions are tackled such as, "Why are food allergies on the rise?" and "How are food allergies linked to autism, ADHD and asthma?" In addition to the discussion of studies and theories, there are practical solutions to everyday problems. Should a parent keep their child home rather than send them to pre-school? If so, how can the child be best prepared? Once entering school, what plans can be created to safeguard the child at school? If a family is planning to travel, what considerations, emergency phone numbers and airline guidelines are in place with respect to food allergy concerns? A significant portion of the book explains diet and ingredients that often disguise the allergy food. Suggestions are outlined for avoiding risky foods and re-thinking diet as well as creating a stress-free, safe-haven at home. Solutions for social situations are explored, for example, how to attend a birthday party prepared with goodies and communication to spouse, child and host. The emotional aspects are addressed such as how awkward a parent may feel when

addressing other adults about risks to their own child or how frustration can emerge between people. Flourishing is useful for parent and any caretaker (medical or educational) as well as organizations which handle food. This book explains the issues with which people must deal when their family member has a serious food allergy. Drawing upon the experiences of many parents of varied circumstances and seeing into how each handles situations can help not just parents, but also those in the food industry (restaurants, cafeterias and manufacturers) and the childcare industry (home based, public and private educators) develop plans to address handling food allergic persons in a tactful and socially responsible way.

## **Book Information**

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## **Customer Reviews**

As a mother of a young child with severe food allergies, I thought FLOURISHING WITH FOOD ALLERGIES: SOCIAL, EMOTIONAL, AND PRACTICAL GUIDANCE FOR FAMILIES WITH YOUNG CHILDREN by A. Anderson would be a very useful book. I consider myself a pretty educated mother on the topic of food allergies, but I'm always looking for new-to-me information about how best to handle this issue. I admit that this book has been sitting on my shelves for some

time because when I skimmed through the book, I discovered that it really wasn't what I was expecting. This book does have its share of helpful information, but I think it is geared more to parents who have just discovered that their kid has food allergies. I didn't really learn a lot of new things specifically about food allergies and how to best handle them with my son. Initially, I was drawn to the idea that this book discussed the "social, emotional, and practical guidance" aspect of having a child with food allergies. I was hoping that this book would help me help my child deal with his allergies. I wanted "advice" on how to teach him and his friends about his allergies. In addition, I wanted assistance in explaining to him why he can't eat what other kids are eating and how not to make him feel left out. (I would have loved a listing of educational books or DVDs that deal with food allergies.) There were some helpful hints about how to handle parties and school and ingredient listings, but the book was still lacking for me -- maybe it's because I have thoroughly researched food allergies on my own over the past five years. I found that the author tended to write about her personal experiences a little too much for me rather than focusing on the general.

If you have children with food allergies or suspect that your children may be allergic to certain foods, do yourself and your family a favor and read this book. It is thorough, authoritative, clearly written, and about as close to a "bible" on the subject as exists. Anderson combines personal experiences stories, case histories and the latest research to show the reader how children and parents can not only cope with allergies to common foods such as wheat, dairy, peanuts, tree nuts, etc., but how they can flourish in a world of dietary danger. Beginning with her own experience with two children who are allergic to certain foods--and not the same ones--Anderson shows the reader how to avoid the dangerous foods and how to cope with situations involving the dangerous foods. This is essential since some allergic reactions can be life-threatening. She also shows how she personally dealt with denial and guilt and then took a pro-active acceptance stand while alerting the reader to the many pitfalls along the way, such as what can happen in preschool and after as your children interact with a world that doesn't realize that they are allergic and must be kept away from certain foods. Anderson made her own personal decision not to send her children to pre-school because of the dangers. For a child allergic to milk, for example, sometimes just the particles of cheese in the air during a pizza party can bring about an attack. Or even bits of the allergen on the fingers of classmates may spell out danger to the susceptible child. In the next section of the book, Anderson presents stories from other parents of allergic children. These case histories are valuable because they recount different experiences with which readers may identify.

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