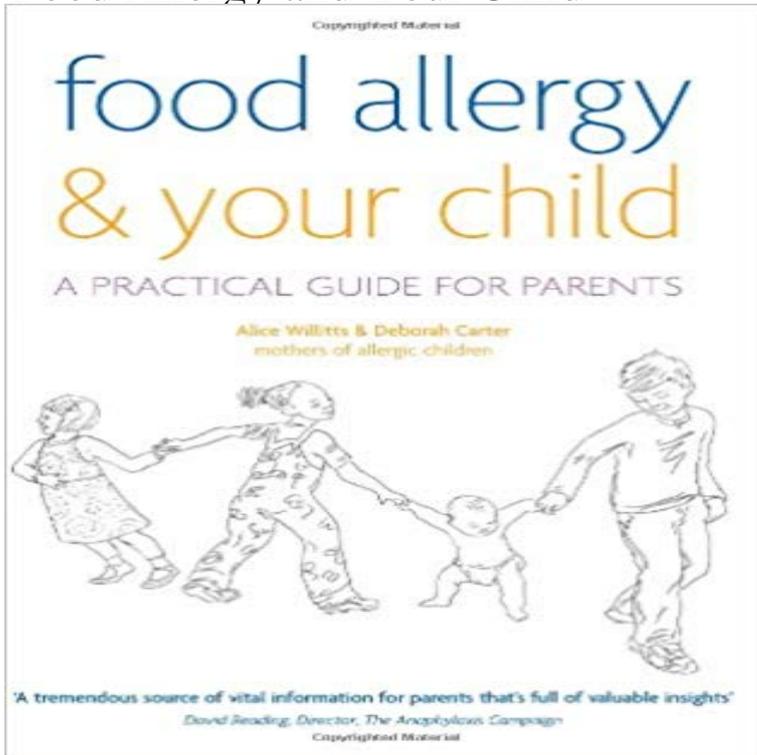


# Food Allergy and Your Child



An essential guide to the practical and emotional journey of bringing up children with food allergies. Written by two mothers with first-hand experience this reassuring book interweaves factual and practical details with stories from other parents of allergic children, leading you through all the challenges you'll face while learning to live with food allergy in the family. Coping after your child's first allergic reaction. Weaning allergic babies: a new liberated approach. Feeding your allergic child: within the family and outside the home. Socialising safely: birthday parties, playgrounds, toddler groups, holidays. Living positively with food allergy: help your child, siblings and relatives adjust. Teaching other people to look after your child: grandparents, childminders, babysitters, friends. Starting pre-school or school: how to overcome your fears and help your child fit in.

The most common food allergy triggers in kids are: peanuts and tree nuts (walnuts, almonds, cashews, pistachios) cows milk. eggs. fish and shellfish (shrimp, lobster) soy. wheat. Food allergies are a big challenge for many children, and as a parent, you're their most important advocate and protector. Keeping your child away from Food allergies are relatively common 6 to 8 percent of kids develop them. How would you know if your child is one of them and what would you do if she were? Keep these in mind when you're ready to start your baby on solids. The best way to prevent food allergies, according to a new report by the American Early identification of childhood allergies will improve your child's quality of life. For that reason, most children with food allergies are prescribed epinephrine. A child could be allergic to any food, but these eight common allergens account for 90% of all reactions in kids: milk. eggs. peanuts. soy. wheat. tree nuts (such as walnuts and cashews) fish. shellfish (such as shrimp) For kids with food allergies, eating the wrong food can trigger a potentially fatal reaction. No wonder parents and doctors have been reluctant to. When your child has a food allergy, it can seem like a deadly reaction is waiting at every occasion. And sometimes that anxiety can become just. See how far we've come, and how the latest therapies are helping children beat their allergies at last. Five years ago, Noah Schaffers food allergies were so. It doesn't matter how old your kid is when you find out he has food allergies, the first thing that goes through your head is he's never going to have a normal life. Many people misunderstand what food allergies are, and even doctors can be confused about how to best diagnose them, suggests a new. You can't always be there to protect your child from food allergens. Here's what to tell other parents, teachers, and camp counselors so you. If a kid with peanut allergy would have eaten that peanut-topped brownie, here's what would happen. Antibodies. Managing a child's food allergy sounds simple: Just avoid the trigger food. As any parent knows, that can be a challenge. Knowing how to