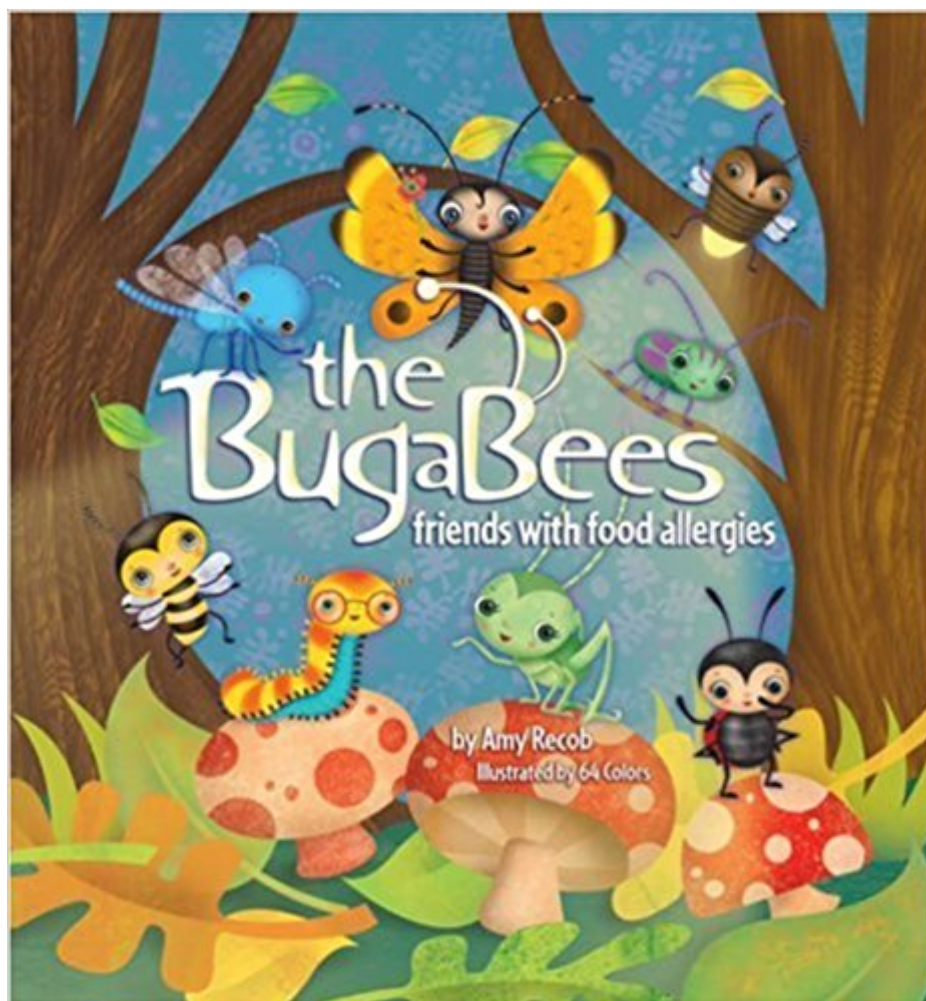


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The Bugabees: Friends With Food Allergies



Synopsis

A whimsical tale of eight friends with food allergies. Food allergies are never fun, but best friends always are! This light-hearted story explores the daily routines of eight best buggy friends such as Beetle, Cricket and Butterfly, as they face their respective food allergies with positivity and poise. At home and at school, at the park, or on the beach, BugaBees find ways to stay safe, have fun, and remember that the joy of friendship is far sweeter than any food they can, or in some cases, can't have. With captivating illustrations and clever rhyming verse, this fun and fanciful tale teaches children to be happy and healthy in spite of a food allergy diagnosis. While a child could be allergic to any food, BugaBee characters are based on the eight foods that account for 90 percent of all allergic reactions: peanuts, tree nuts, fish, shellfish, milk, soy, eggs and wheat. The BugaBees: Friends with Food Allergies brings fresh optimism and fun to children dealing with the everyday challenges of managing a food allergy. Additional activities and talking points in the back of the book inspire further learning and teaching opportunities for young children and their caregivers.

Book Information

Hardcover: 32 pages

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Product Dimensions: 0.2 x 10.5 x 10.5 inches

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Average Customer Review: 4.7 out of 5 stars 68 customer reviews

Best Sellers Rank: #41,205 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #66 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#) #118 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

The BugaBees is a lyrical and imaginative treat! Beautifully written and illustrated, this sweet tale is one that all children will enjoy, especially those with food allergies. --Susie Bazil, author of *The Sick Bug* and 2009 Mom's Choice Award winner

Amy Recob is a marketing communications professional and the mother to two children - one of whom must manage life-threatening peanut and tree nut allergies. A graduate of the University of Wisconsin-Madison with a B.A. in Journalism, Amy is an also active member of many civic and non-profit service organizations in her community. She and her husband Scott are dedicated advocates for the awareness and prevention of food allergies in children, and are proud supporters of the many research initiatives that currently share the same mission.

The Bugabees is a great book to teach children that they can have fun even without their problem food. It includes a bug with an allergy to each of the top 8 foods, and a bonus at the end where you can discuss allergies and safe foods with your child. I loved that they were able to tell the reader that allergies are serious and sometimes need shots etc, but without making it scary.

Wonderful book to open the discussion on my son's food allergies. I actually find the cadence of the rhyme a little awkward, but my 3 year old 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 important that he's aware of and learns to ask about the safety of food around him. This was a wonderful, fun way to introduce the concept.

Good for kids 5 and up. I love the little rhyme. It helps my son feel like he's not the odd ball out because of his allergies. Teaches that everyone has something they can't eat and how to ask before you accept any foods from anyone. Also teaches them what to avoid. My son likes it.

This book is a great educational tool for children with food allergies, and I think the follow-up book the author wrote (the BuggyBops) is a nice addition, for children who don't have food allergies, but are exposed to children who do. I don't adore the cadence when reading this aloud... there's places that it feels to me the words should (and could) rhyme... but that's a personal preference of mine. The illustrations are cute and engaging, and the information is accurate, relevant, and presented in a way that children will be engaged and will learn potentially life saving information.

Good book! Perfect for toddlers with allergies and without!

My child with food allergies LOVES that there is a book that tells a story about something he deals with every day. I think we will buy another copy to donate to his preschool class room. :) It's an

adorable book. The illustrations are super cute and the author seems to have tried to include a mention of all of the most common food allergies, so that most kids won't feel that their allergy is left out.

Such a sweet story for kids with food allergies; highly recommended! It really normalizes food allergies for kids, so I think that it would be great for kids without food allergies, too, to understand what their friends are going through.

My 4 year old son has some serious allergies, of which he has more than half of those that the characters in the book has. This is a book that my son instantly resonated with, and has been a favorite of his for a long time. The book puts forth the seriousness of allergies, but does it in a way to say that "it's okay" and that everyone can get along just fine with allergies. My son loves to share this book with his friends, and it has been a popular book at his school's story time as well.

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