

FROM THE BOOKSHELF:

Educating and Empowering Kids with Food Allergies

Have you met the No Biggie Bunch?

It's a delightful children's book series to help kids cope creatively with food allergies.

The books feature a group of characters known as the "No Biggie Bunch," typical children who are diverse and adventurous in all the ways young children are. While they have food allergies, they are not defined by them. They are smart, prepared and safe while maintaining a great attitude and having fun.

While food allergies are taken seriously in these books, the social challenges they impose are treated as "no biggie" by the characters and the people who care for them.

The first three of these beautifully

illustrated hardcover books follow the adventures of the No Biggie Bunch as they attend a birthday party at a soccer field, enjoy a safe and silly "tea party," and navigate Halloween together by swapping candy they are allergic to for space-age surprises.

In *Dairy-Free and Dino-Licious Dig* - the first No Biggie Bunch adventure dedicated to only one allergen - the kids remember to bring along a healthy snack on a back-yard dinosaur dig, and demonstrate how to feel comfortable making a simple

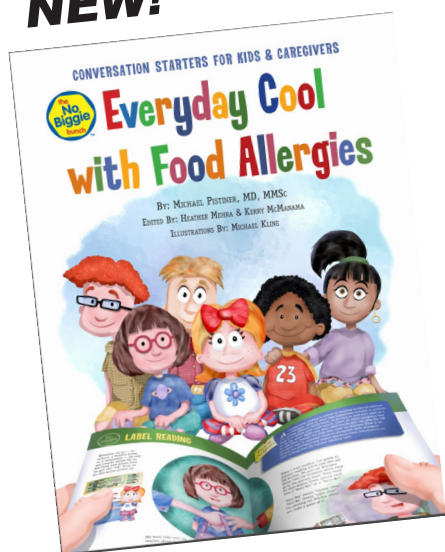


statement about why they can't share a snack that may be offered to them by someone else.

Heather Mehra and Kerry McManama are creative New England authors who have created a unique and wonderful resource for pre-school and early elementary school children with food allergies, and their families and friends.

Learn more about the upbeat "no biggie" philosophy, and their terrific books at their website: www.nobiggiebunch.com.

NEW!



Dr. Michael Pistiner has a unique perspective as an allergist, pediatrician, and father of a child with food allergies. His new book, *Everyday Cool with Food Allergies*, is a great teaching tool for giving children the information and confidence they need.

The book is based on what Dr.

Pistiner calls "conversation starters" - ways to engage children in learning about key aspects of staying safe, such as handwashing, label reading, alerting adults, carrying emergency medicine, and how to say "No thank you" when food is offered.

The text is appropriate to read and discuss with children from pre-school

through early elementary school ages, and there are also explanatory notes directed to parents or other caregivers.

Everyday Cool is an important addition to the No Biggie Bunch series, and a valuable resource for families, pre-schools and schools.

Special Offer!

DISCOUNTED PRICE benefits both YOU and AAFA New England!

Order *Everyday Cool with Food Allergies*, or any other "No Biggie Bunch" books, and receive a **10% discount** by using the coupon code AAFANE when placing your order at: www.nobiggiebunch.com.

And when you do, the publishers will donate 10% of the total of your order to AAFA New England.

No Biggie Bunch books make great gifts for your family, school, or for the holidays!

Everyday Cool with Food Allergies

By Michael Pistiner, MD

A great teaching tool for your child and others!

A fun way to learn important safety and self-care rules.