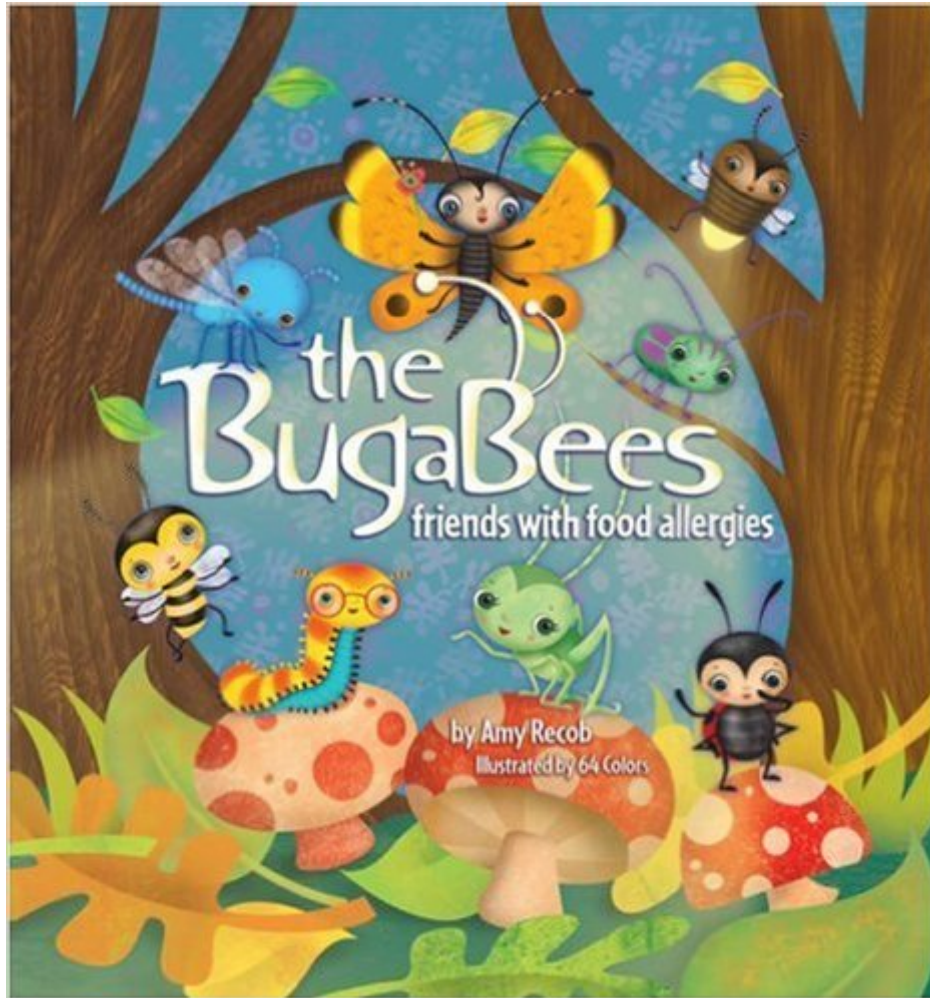


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# The Bugabees: Friends With Food Allergies



## 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 buggie 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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Language: English

ISBN-10: 1592982794

ISBN-13: 978-1592982790

Product Dimensions: 0.2 x 10.5 x 10.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (58 customer reviews)

Best Sellers Rank: #33,974 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #55 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#) #116 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

We have a daughter with a peanut allergy and have been looking for a book that would help her explain her allergy to friends and classmates. This book is it. It has beautifully illustrated graphics to accompany well written explanations of a variety of allergies. My kids brought this to pre-school and it really resonated with the teachers and the class as it turns out they were children allergic to soy,

wheat and dairy in the class. Their teachers were especially complimentary of the book because it provided an easy way for her to explain everyone's allergies to the class. We purchased an extra copy to donate to the class so she can continue to share with future students. I highly recommend this to anyone who has children who suffer from allergies!

I thought this was a cute story. However, I would have liked to see one bug with several food allergies. My son could have related a little bit better since he has multiple food allergies. I did like the activities in the back for each bug. The mantra throughout the book was ok but it would have been nice to see a mommy bug providing a safe snack.

My two-year-old son has allergies to milk, eggs, peanuts, soy, fish, tree nuts, coconut and peaches. He absolutely loves this book! There is a section in the back that goes thru each allergy and asks kids what foods that Bugabee should avoid--which is nice, because there are pictures of food he can have and can't have, and the "can have" usually outnumbers that can't. It has helped him understand why some foods are "yucky" for him, but that it is ok. He gave this book to his preschool class last year during food allergy week, and is going to do it again this year on Monday.

My kids really enjoy this book immensely (5 yo boy and almost 4 yo girl). Both kids are peanut and tree nut allergic, and they liked hearing about their own food allergies, as well as the other more common types of food allergies. I read the negative reviews after we had borrowed the book from the library and both kids had given it thumbs up. I agree that the book can't stand alone and serve to explain what food allergies are; however, I don't think that's the intent of the book at all. What the book does offer is perspective (food allergies are real), information (here are the Top 8 foods that cause most food allergies and here are the things that can happen if someone eats a food they're allergic to), reassurance, (just because you have food allergies doesn't mean you can't enjoy activities), and a great way to start a more in-depth conversation about food allergies. The extra information in the back, which includes a quiz for kids to test their knowledge of foods that contain specific allergens, is helpful in both teaching kids with food allergies what they need to avoid and teaching others what foods their food allergic friends and classmates can't eat. The first few times I read the book to the kids we spent about 30 minutes afterward discussing it. The illustrations are wonderful and the rhyming story is really cute. I highly recommend it.

This is an absolutely wonderful book to share with the smallish set regarding food allergies. I love

that it addresses many, rather than focusing on just one. We'll be adding this book to our children's library at my church.

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.

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 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.

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(The Food Service Professionals Guide To) Probiotic and Prebiotic Recipes for Health: 100 Recipes that Battle Colitis, Candidiasis, Food Allergies, and Other Digestive Disorders  
Get to Know Your Gut: Everything You Wanted to Know about Burping, Bloating, Candida, Constipation, Food Allergies, Farting, and Poo but Were Afraid to Ask  
The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5)  
(The Food Service Professionals Guide To) Home Health Handbook (3-ring binder, Allergies & Skin / Cancer / Infectious Diseases / Mental Health)  
ABC of Asthma, Allergies and Lupus: Eradicate Asthma - Now!  
The Pediatrician's Guide to Feeding Babies and Toddlers: Practical Answers To Your Questions on Nutrition, Starting Solids, Allergies, Picky Eating, and More (For Parents, By Parents)  
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Food Politics: How the Food Industry Influences Nutrition and Health (California

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