



# **Caring for Your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There**

*Lisa Cipriano Collins*

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Understanding and Learning to Live Well with Food Allergies

Considering that severe allergic reactions can be life-threatening, parents often find that protecting children can be a daunting task—trying to make sure they are safe, while still creating a sense of normalcy as they grow up.

But it can be done. Sorting the truth from the myths and misunderstandings, *Caring for Your Child with Severe Food Allergies* presents not only pertinent facts but, more important, it helps families cope with the emotional aspects of raising a child at risk for severe food reactions. With compassion and insight, Lisa Cipriano Collins blends her own experiences raising a child with severe peanut and tree-nut allergies with practical observations, interviews with parents, and data from recent medical studies. By learning how to reduce risks while promoting a child's normal emotional development, parents can address the needs of their allergic child and his or her siblings, as well as their own needs—and work toward a happy, healthy family.

*Caring for Your Child with Severe Food Allergies* covers:

- \* Identifying allergies
- \* Working with schools
- \* Restaurant and travel concerns
- \* Encouraging independence
- \* Finding treatment
- \* Safety risks and solutions
- \* Helping your child help himself
- \* Identifying ingredients
- \* Making an emergency kit
- \* Finding support
- \* Developing community awareness

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