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# The Nut-Free Mom: Caring For Your Child With Peanut And Nut Allergy



## Synopsis

Trying to cope with raising a child with nut allergies? Here comes the Nut-Free Mom to the rescue. This is the one book that gives a "crash course" on what you need to know — from a mom who's been there. This new and expanded edition (2016) offers heart, humor and hard-won experience to help caregivers cope with nut-free living. Learn how to handle play dates, grocery shopping, meal-planning, dining out, family gatherings, and many more practical, real-life situations. Written in a lively format, the book includes scores of tips that'll boost your and your child's confidence. As a professional writer for nearly twenty years and as a parent currently raising a child with a life-threatening peanut and nut allergy, Kales is uniquely qualified to author The Nut-Free Mom. Kales has advised thousands of parents, grandparents, teachers and caregivers from all over the world via her award-winning blog — The Nut-Free Mom. This is the book that Kales wishes she had — when her daughter was first diagnosed with life-threatening peanut and nut allergies. For anyone wishing to raise a healthy, well-adjusted child with peanut allergy, tree nut allergies or other food allergies, this book will be an indispensable guide. NOTE TO INTERNATIONAL READERS: Readers of Kales' blog, The Nut-Free Mom, span the globe, including thousands of parents in Canada, the UK and Australia. Just like her blog, this book is intended to help any parent or caregiver to cope with nut allergies wherever you live. While some recommendations are specific to a U.S. audience, much of the book offers universal guidance.

## Book Information

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## Customer Reviews

There aren't very many places for parents to turn when their child is diagnosed with a nut allergy--the internet is full of vague--and often false--information, and doctors often do not have the time to go over every scenario with parents during an office visit. This book is EXACTLY what a worried mom or dad needs. It gives practical, vital advice for dealing with common places in which a child might be exposed to allergens--the home, school, restaurants, grocery store, etc. There are so many great tips here, and everything is explained in a clear, thorough, and engaging manner. Also included are helpful suggestions for speaking with doctors, grandparents, school officials, caregivers, and the child herself. This book should be required reading for everyone caring for a nut-allergic child!

This book was very well written and researched, and helped to alleviate my panic about having a child allergic to peanuts. When he was first diagnosed, I was filled with fear, and set out to find other parents like myself who could shed some light on how to keep my son safe. I felt lucky that I found the Nut Free Mom blog, and the corresponding Facebook page. Both are a source of support and wisdom about managing food allergies. However, I still had many lingering questions, and this book helped me to figure out the answers to pretty much all of them. From helping you navigate the best way to educate others about food allergies to the steps you need to take to dine out safely (yes, it is possible!), this book covers all of the questions that parents will have when a child is diagnosed with a food allergy. Jenny Kales writes from experience, and this book will help you get a handle on how to adjust, adapt and thrive.

My son was just diagnosed with a peanut tree allergy about two weeks ago. His first reaction was extremely scary and I was in a panic looking for information. The internet has tons of information, but this book is well organized and concise. It's written by a mom with many years of experience dealing with a child with peanut/tree nut allergies. This book has lots lots of tips for parents whose children have been newly diagnosed. She tells you everything you need to get out of your house and talks about some things I never would have thought of (for example, cleaning or getting rid of cutting boards that have been used for nuts). She has lots of advice for dealing with various situations you will encounter (birthday parties, school parties, etc) At first I thought some of the

advice about restaurants was a little extreme, until yesterday when we had our first cross contamination reaction. I did not do all the things she talks about concerning vetting restaurants, but I will be following her advice from now on.

This was an extremely useful book for any parent/caregiver to read when learning a child is diagnosed with a tree allergy. As a mom learning feverishly about my daughter's diagnosis, I found this information to be helpful, practical, and very "user friendly". Reading about another mom's experience was comforting and reassuring. I would definitely recommend!

I think this book covered the basics for dealing with nut allergies. I liked that there were links to support sites and referenced reliable businesses and products. My daughter is 5 and was diagnosed with nut allergies when she was 2 years old, after having a moderate reaction to my coming in contact with her after eating a handful of cashews. I wish I had a book like this from the beginning. It's definitely been a journey. I would have liked to see more info related to school aged children, especially early elementary (k-3). Once they begin school, a whole new realm of concerns come into play and unfortunately, as mentioned in the book, most elementary schools are not nut-free. FAAN IS DEFINITELY my go to source and has been a lifesaver.

My 19 month old son was very recently diagnosed with a peanut allergy. After coming home from the ER, I didn't have the first clue where to begin this new adventure. I was overwhelmed and uneducated about nut allergies. I am a licensed nurse (have been for 12 years) but I will be the first to tell you, I don't know everything. My sister actually found this book and sent it to me. It is SO LOOK helpful! I love that there are links to useful websites. And sample questions to ask, it gives you a starting point. There are many many things that the non-allergic person takes for granted. I was absolutely stunned by the amount of food and products that used some form of peanuts. As I mentioned, my son was recently diagnosed...as in earlier this week. We now have the epi Jr kit on stand by (hoping we NEVER need them) and taking it one day at a time. Thank you, Jenny Kales for this awesome book!

I know some are really new to food allergies And maybe this book would help you more, but i didnt find suggestions to ask the waiter and/or chef if there are peanuts in this or that helpful. Theres also a tip on making the house peanut free. It's very common sense info in this book, nothing that really helped me. There is a lot of info on avoiding peanuts, but not as many helpful suggestions on what

to eat. I wanted more ideas on what to pack for school lunches, trips out. Also no suggestions for picky eaters. With mom in the title i expected more info on helping kids cope not lists of websites for info that should have been in this book. Also, Most of the websites recommended in the book you can find with a google search in just a few minutes so folks save your money, just browse the Internet and speak with your drs, and allergists etc.

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