



# **The Allergy-Free Baby & Toddler Book: The Definitive Guide to Managing Your Child's Food Allergy**

*Charlotte Muquit, Dr Adam Fox*

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**The guide that all worried parents have been waiting for**

Written by a parent whose own son has severe food allergies and by a leading allergy specialists, this book explains everything parents need to know about allergies, from navigating the diagnosis process to the practical steps available to manage allergies in the longterm. Parents will find out how to identify the source of an allergy; treat reactions; communicate with GPs, navigate nurseries and playgroups; enjoy social events without worrying; and adapt weaning and diet to avoid reactions. They'll also find 30 delicious allergy-free recipes for everyday and special occasions. Comprehensive, accessible, and informative, this book gives parents the knowledge and reassurance they need to stop allergies from getting in the way of a fun, full, and active childhood.

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