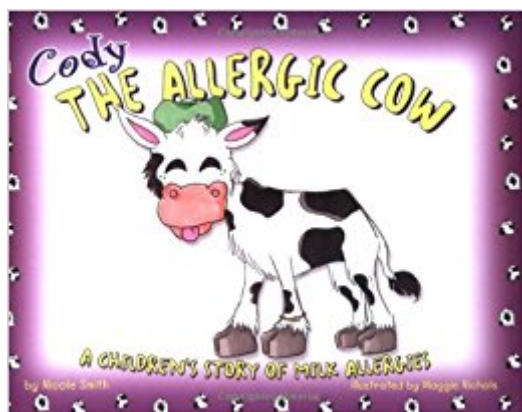


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# Cody The Allergic Cow: A Children's Story Of Milk Allergies



## Synopsis

"Cody the Allergic Cow" helps children learn about milk allergies and how to recognize an allergic reaction. "Cody" explains milk allergies in a way that parents, teachers, and children themselves can talk about allergies and understand them better.

## Book Information

Paperback: 26 pages

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Average Customer Review: 4.3 out of 5 stars 21 customer reviews

Best Sellers Rank: #856,227 in Books (See Top 100 in Books) #30 in Books > Health, Fitness & Dieting > Children's Health > Allergies #143 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies

## Customer Reviews

"Cody the Allergic Cow" is a cleverly written book that will help those of us in public education. -- Lew Davis, Principal Foothills Elementary School  
"Cody," through its delightful illustrations, lets a child learn about milk allergy and understand responsible behavior. -- Lynda Mitchell, Food Allergy support group facilitator  
I'm delighted to recommend "Cody" for little ones in my practice with milk or other food allergies. -- Bonnie Baswell, M.D.

Nicole Smith, the author, is a concerned mother with a school-aged son who has severe food allergies. She is also the author of "Allie the Allergic Elephant: A Children's Story of Peanut Allergies."

Like this book and the cute story it tells. Had seen it at one of my allergy support groups. We've started reading it to our child so that they can get used to feeling that it's o.k. to have a food allergy. They're only 2 so we've got a ways to go before they understand everything but it is a cute story. My friend wants to borrow it to read to her 3 year old so that he can understand a bit more what his friend is going through. So cute, great to share with a preschool, kindergarten or any younger children who have or know someone who has a food allergy. Hopefully this will introduce kids to this

situation so that they don't bully their food allergy friends.

I bought this book for my granddaughter who is extremely allergic to milk and many other foods. She is 2 and 1/2 and we are trying to teach her not to pick up other people's food and eat it. This is a very informative yet simply done book-few words great pictures. It would be great for between 2-6 year olds. It also would be good to have in school libraries. Additionally, it would be helpful to read to an allergic child's class, so the other children will not offer her food and will understand why she brings her own. The pages seem thin for the price but we are delighted to get this book.

I love this book because my little boy completely relates to Cody. He is almost three and after two readings he is already reciting the book to me. Cody like my son has a mom dad and baby sister, he drinks rice milk, he likes soccer, he gets a rash when he drinks milk, and my son's favorite line is "Cody is a cool cow"! When I read this book and we talk about the fact that Cody can not drink cows milk his face lights up. It is a wonderful teaching tool and helps my son know that he is special and he is not alone in having food allergies! This book was written for him!

I bought this for my grandson who has an extreme dairy allergy. He brought it to school and it was well-liked and informative for everyone. This is a wonderful book and he is 6 yrs. old. The teacher loved it also.

My daughter is allergic to Dairy, Egg and Tree Nuts. This book was a great book to show her and her Kindergarten class that she may have allergies but is still a normal little child just like everyone else.

My daughter, who is almost three and allergic to milk, loves this book. When we first got it, she wanted us to read it to her over and over. It has also helped her to understand her allergy and to be careful of what she eats. I highly recommend it to parents of little ones with allergies.

My daughter is allergic to cows milk and this book is the perfect way to help her kindly class understand.

Perfect for my nephew with a milk allergy.

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