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# Eating Gluten-Free With Emily: A Story For Children With Celiac Disease



## Synopsis

For children, a diagnosis of celiac disease and an abrupt change to a gluten-free diet can bring about an overwhelming number of questions and concerns. What is gluten? Why can't I eat cake, cookies, and chicken nuggets like everyone else? What do I tell my friends? Answers to these and many other questions are provided in this book. Written by the mother of a child with celiac disease, who also has the disease herself, this book offers a reassuring look at celiac disease in language that a child can easily understand. This fictional story is based on the real-life experiences many newly diagnosed children face. Five-year-old Emily and her parents wonder why she's not feeling well. Her belly is swollen, and she feels moody and sick. A trip to the doctor raises some concerns and further tests show that Emily has celiac disease. Emily talks about what food she can and cannot eat, how her Mom buys special gluten-free food, and the need to stay on a gluten-free diet at restaurants, birthday parties, friends' houses, school, and camp. With its light-hearted, colorful illustrations, the book helps children to see that having celiac disease is not so scary after all. Emily acknowledges that having celiac disease is sometimes tough, but talking about her feelings with her mom always makes her feel better. She knows that celiac disease is only part of who she is -- she also likes to jump rope, paint, tell jokes, and pick flowers! This book's positive message will be a huge boost to children with celiac disease, especially those who have been recently diagnosed.

Ages 3-7

## Book Information

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## Customer Reviews

PreSchool-Grade 1  
Young Emily explains that when she was five, she was diagnosed with celiac disease, a lifelong digestive disorder. She cannot eat anything containing wheat, barley, or rye because she cannot digest the gluten. Her mom acknowledges the difficulties of the condition and tells her she is special because she can jump rope and paint, and also because she must eat gluten-free. Charming watercolor illustrations depict the child as she undergoes tests leading to her diagnosis, and as she goes to school, restaurants, and camp, where she encounters situations that can be difficult due to her illness. Information is presented in a friendly and straightforward manner. This kind and calming book never condescends, and will be a useful addition for parenting resource collections.

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Fantastic book for my 9-year old son. Very helpful for him to emotionally come to terms with celiac disease. Easy to read and fun illustrations. Must have for children who have to make the essential change for a gluten-free lifestyle. Wonderful tool for parents to share with their children.

I needed something very simple for myself and my husband to understand Celiac Disease when our daughter was diagnosed. There are so many menu items that I don't even consider when she comes over. I needed a basic explanation and this was it. I can also feel more comfortable talking to my grandchildren about the subject.

This was very cute, my daughter loves it. It helped to explain what is going on with her little body. Great for a 7 year old learning they have celiac.

Just read this to my daughter, age 4-1/2, and she loved it! She was just diagnosed with Celiac Disease two weeks ago. This book does an excellent job of explaining the disease with humour and encouragement. My daughter asked me to read it 3 times in a row! She identified with the experiences of Emily and it opened avenues to conversation. The illustrations are well done with

many funny little things on each page. Many thanks to the author for creating this book!

I was looking for a book to read to/with children under five years old. This book has colourful pictures, not too much text, and really clear messages about being safe with food, looking after your own body & well-being, and how everyone is unique in different ways. I especially liked the inclusiveness of this story. Very well written and presented.

When my son was diagnosed with Celiac at the age of 4 years, I sought out all the information I could. I especially wanted to find something for my son so he could understand about Celiac and that he wasn't alone. This has been a terrific book in both regards. It is one of his favourite books and he has taken it to school to share with his classmates each year. It is very well received and goes a long way to educate on a child's level and to make others aware of the difficulties a child with Celiac faces in everyday life. Many of the classmates will go home and tell their parents about gluten which in turn has meant several families bringing in gluten-free cupcakes and snacks to the classroom for special events. I've fielded several phone calls and emails over the years from parents wanting to know more about Celiac and how they can include my son. Definitely a great purchase!

having a child allergic to gluten is very tough, this book made her understand it much better and she has been doing great - at age 5, she is well aware of what she can/cant eat. this book made the transition smoother than expected

Had to return this book as it was mis-printed! Thank goodness I looked at it before I wrapped it! Middle pages (upside down) were a parts of a book about how to show dogs!

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