

Open young minds to the amazing worlds around them by Mary Ann Grossmann

- EXCERPTED ARTICLE from December 13, 2009 -

If you're shopping for children's holiday gifts, skip the plastic junk and stuff that breaks in a day and head for the bookstore. You'll find so many beautiful books you should be able to finish your shopping in no time, unless you let yourself be mesmerized into sitting down to read them yourself. And because technology is lowering printing costs, many worthwhile books fit into the popular \$20-or-less category. Here's a sampling of some of the best:

"The BugaBees: Friends With Food Allergies" by Amy Recob (Beaver's Pond Press, \$16.95): Children's food allergies are another growing issue. Amy Recob, a food safety advocate and the mother of a child who is allergic to peanuts and tree nuts, gives little ones a lesson in coping with food dangers in this story featuring charming insects called BugaBees, all of whom have allergies and learn what foods to avoid and how to do that.

"On Halloween, BugaBees go trick-or-treating/And come home with candy some shouldn't be eating./Treats touched by peanuts will make Cricket sick./She can't have a bit, not one little lick!"

"Cookies and crackers and foods made with soy could make our dear Dragonfly one very sick boy./So he always checks labels on foods that he eats/And fresh fruits and veggies are his favorite safe treats!"

(Available through BookHousefulfillment.com or at 800-901-3480.)