



# **The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages**

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*Medically-proven strategies for parents and caregivers.*

**The Complete Kid's Allergy and Asthma Guide** gives parents a comprehensive, authoritative guide with common-sense guidelines, recommendations and tips on dealing with the asthmatic condition and the multiple allergic problems of children. Developed in collaboration with The Hospital for Sick Children, this book provides the most up-to-date, expert advice available, with easy-to-read information about every aspect of allergy and asthma.

The guide includes:

- The most common types of allergic problems
- How an allergy or asthma develops
- How to minimize allergic reactions
- How to avoid allergens and irritants
- How to prevent a child's asthma from getting worse
- How to prepare for an emergency

For a child who has not yet received a medical diagnosis, **The Complete Kid's Allergy and Asthma Guide** provides parents with vital information on how to read the signs of allergy and asthma -- from keeping a food diary, to monitoring asthma symptoms, to tracking allergic reactions. A record of these observations is crucial to isolating a child's allergy and asthma triggers.

This comprehensive guide offers daily coping strategies (how to check food labels, managing social situations, traveling tips), as well as dealing with more serious aspects of preparing for and handling severe allergic and asthmatic reactions.

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