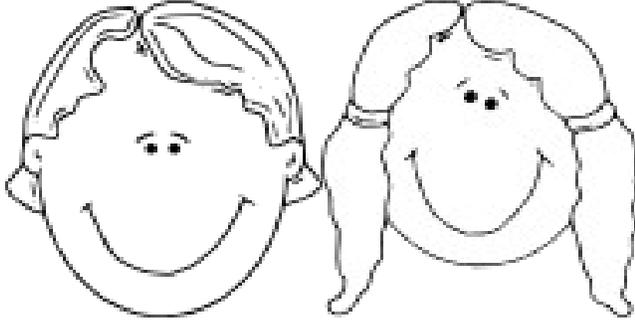




Welcome to the Kids' Corner!

Educating~Connecting~Advocating

FPIES is Rough,
But I am Strong!



a book by _____

A resource from The FPIES Foundation
www.fpiesfoundation.org/a-foundation-for-kids

1

My name is _____ and I am
_____ years old.

This is a drawing of ME:

2

I have friends and family who love me.
We have fun together!

This is a drawing of us:

I like to do lots of fun things. My
favorite thing to do is _____.

Here is a drawing of my favorite activity:

3

4



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I also have FPIES, a type of food allergy that makes me get sick when I eat certain foods.

When I get sick, I feel:

5

The good news is that I have lots of people that help me to stay safe.

My family, friends, and doctors help me to stay safe by _____.

6

I know ways to keep myself safe, too. These are some of the ways that I keep myself safe:

7

I am good at keeping myself safe, but sometimes I might worry about having an FPIES reaction.

When I worry, I help myself to relax by _____.

FPIES is rough, but I am strong! It is one part of my life, but with help from family, friends & doctors, I can stay safe & do more of the things that I love!

Clip Art by Ciker.com

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Instructions for the Mini Book:

1. Color, draw and fill-in the blanks for each mini book page. Ask an adult for help if you need it!
2. Using scissors, cut out each mini book page.
3. Use the numbers on the pages to put your book in order!
4. Laminate or cover the pages with contact paper if you would like!
5. You can staple the book together or punch holes in the side and tie together with yarn
6. Use your book to help start talking about FPIES with friends and family

Be sure to check the kids' page for more resources!
www.fpiesfoundation.org/a-foundation-for-kids