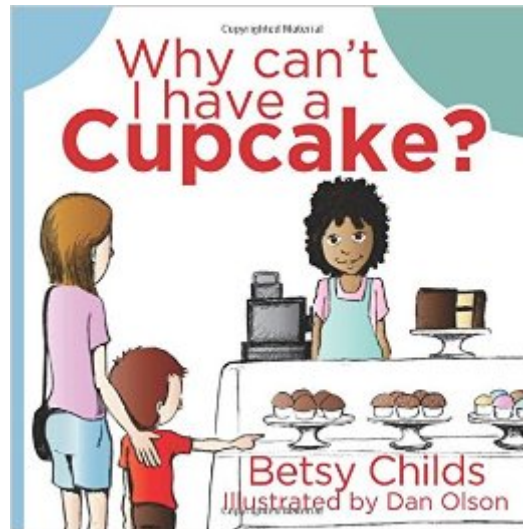


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# Why Can't I Have A Cupcake?: A Book For Children With Allergies And Food Sensitivities



## Synopsis

A Book for Children with Allergies and Food Sensitivities Rory loves cupcakes, but he can't eat them because they make his tummy hurt. When he goes to his friend's birthday party, he learns that he's not the only one who has to avoid certain foods, and he has a great time at the party.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #72,057 in Books (See Top 100 in Books) #5 in [Books > Health, Fitness & Dieting > Children's Health > Allergies](#) #24 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #37 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#)

## Customer Reviews

Cute book. My daughter and Son both have a dairy and egg allergies so I thought this would be a perfect book. Its a bit more focused around gluten than any other allergies. It mentions a little girl needing a epi pen in case of a bee sting and a few other food allergies. Also the little boy looked around realizing everyone seemed happy to be able to have the treats they could eat instead of cupcakes, that was a cute lesson.

My niece has severe allergies and I thought this book would be perfect to read to her. She's almost 5 and understands that she has allergies and some foods aren't safe for her. Reading this book has helped to show her that she isn't alone. She liked the story why can't I have a cupcake, especially since she's often saying the same thing at birthdays and gatherings. If you have a child who is an allergy sufferer in your life, this is a great book for kids. My niece loves the story and we have already read it numerous times! Complimentary sample provided in exchange for my honest and unbiased review.

This author is the best! We have all three of her children's books and she really captures some of the struggles young children face with a story line that holds their attention. My 4 year old grandson has trouble staying in his bed so *The Girl Who Got Out of Bed* is his favorite. I have several grandchildren with food allergies and what fun to find out you are not the ONLY one who can't eat all the food at the party. I highly recommend this book, as well as *The Girl Who Got Out of Bed* and *The Boy Who Cried Over Everything* to anyone with young children around. They make great gift too.

We found out on my twins' first birthday they were allergic to eggs--their birthday cake made them break out in hives from head to toe! It was the beginning of many cookies and cupcakes and brownies and other treats having to be denied them because of their allergies (eggs being one of many). I remember once one of them looking at a table of snacks laid out and sighing, "Why does everyone make food I can't eat?" and I equally remember how honored they felt when someone would come to them and say, "I made this, especially with you in mind because I knew you could eat it." Food allergies are hard for little people to manage and it doesn't quite seem fair to them to miss out on what everyone else gets to do. "Why Can't I Have a Cupcake?" is a sweet story that captures this struggle that takes place in the heart of a child with allergies. Its characters show that the child is not the only one who has to do things differently than other people and that even though he may not get to have exactly the same thing as everyone else, there are still many things to be enjoyed. I highly recommend this book to everyone, both for the child with allergies, so they know they aren't alone, and for those without, so they might better understand those that do.

I love the thought that went behind this book- including practical information and illustrations on an appropriate level for kids and a thoughtful narrative that allows kids to think for themselves and relate to the children in the book. My children don't have allergies, but it helps them understand their friends who do. I also really appreciate the diversity represented. My 3 year old loved the illustrations too!

What a cute story! My son is only two and is just starting to understanding there are some things he can't eat. I love that the story shows children may have different allergies and yet we can find ways to accommodate them. This will be one of our go to books!

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Why Can't I Have a Cupcake?: A Book for Children with Allergies and Food Sensitivities Natural

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