



Feedmeallergyfree
for happy babies and toddlers

Newsletter – May 2007 Edition 2, “Is Summer Here Already?”

Welcome to the second edition of the **Feed me allergy free** newsletter.

Feed me allergy free was launched just over 5 months ago and has got off to a great start. As well as lots of lovely support from parents, we’ve enjoyed press mentions in the following (click [here](#) to see what they said!):

- Prima Baby & Pregnancy (April 2007 edition)
- Practical Parenting (May 2007 edition)
- Foods Matter (April 2007 edition)

The website, www.Feedmeallergyfree.co.uk, is also undergoing a face-life and the new site will be launched soon. I hope you will like the new look and find it easy to navigate.

I've also been regularly updating my [blog](#) with information about parenting an allergic child and discussing what's in the news allergy-wise. So don't forget to check that out too.

And as always, any feedback or comments are most welcome.

Has Summer Arrived Early?

The recent good weather has been perfect for being outdoors and picnics. Not only do children love the adventure of a picnic, even when it's in their own garden, but it also makes life a whole lot easier for parents of allergic children!

Lollies

Okay, so your child can't have an ice-cream or lolly from the ice-cream van on a hot summers day. But that doesn't mean they have to miss out altogether. Making homemade lollies is so easy and a great way for them to join in and cool down at the same time.

All you need are lolly moulds which are easily available at this time of the year on the high street or online.



I often make pear & cinnamon lollies for my little boy. Simply make a pear puree (peel and core the pear and place in a steamer for approx 10 mins) making sure the consistency is that of yogurt. Add a pinch of cinnamon and pour into the moulds. Pop into the freezer for a couple of hours and, hey presto, you'll have one very happy child!

Here are some other great combos that I make - but remember to only use fruit and vegetables that are suitable for your little one:

- pear & apple
- carrot & apple
- broccoli & pear
- apple & vanilla (just add a small dash of vanilla extract)

To make them even more colourful, you can do a "**Half 'n' Half**". Simply fill half the mould with one flavour and put in the freezer for a couple of hours, then add another flavour to fill the mould and return to the freezer to set.

Or you can buy fun moulds – as used in the rocket apple and vanilla lolly pictured below.



Fun Ideas

Looking for other fun ideas to combine with a picnic? Then read on...

1. Invite teddies for a teddy bears picnic
2. Have a treasure hunt, making up your own clues
3. Make a den in the garden using old sheets and clothes horse
4. Have a blowing bubbles competition
5. Make up a small garden assault course using plastic plant pots and canes

Birthday Parties - A Personal Account



Taran's 1st Birthday

Like all parents, Taran's first birthday was a special occasion. To celebrate, we opted for a small party with family and a few of Taran's friends. As his birthday is at the beginning of July, we held it in the back garden and enjoyed a lovely day.

I kept the food simple - mainly finger foods for the babies. Taran had a great time and loved being the centre of attention. I bought a first birthday cake to be eaten by the guests and made an allergy free chocolate cake (recipe in Feed me allergy free recipe book) for Taran which was just as popular as the bought cake!

Taran's 2nd Birthday

With Taran's 1st birthday still so fresh in my mind, I can't believe that his second birthday is fast approaching. This year, we are planning on having a children's party in a local hall - inviting family and all his friends from the various toddler groups and classes that we attend.

Once again, I'll serve mostly finger food including bits that Taran can eat. I'll also make some sandwiches for the other children and parents. And like last year, I plan on buying a cake and making the allergy free chocolate cake for Taran. The only difference is that I plan on being a bit more adventurous by matching the cake to the party theme! My local cake shop hires out moulds in different shapes so I'll use one of those and then cover the cake in chocolate icing.

I'll certainly post some pictures on my blog - and if you've got a photo of a special occasion cake you've made, do email me a copy and I'll feature that too!

Other News

Allergy Show 2007

This year the Allergy Show takes place from 15-17 June at Olympia, London. I went last year and found it a useful source of information. As well as stalls selling allergy products, there are lots of free seminars. Last year I attended a very interesting seminar on the "Allergic March" given by Professor Gideon Lack, an eminent paediatric allergist. I'll be going again this year, so look out for me in my Feedmeallergyfree T-shirt!

And finally...

The next newsletter is due out in September 2007. However, the [website](#) and [blog](#) will be continuously updated so don't forget to check back regularly.

Wishing you and your family a healthy future.

Lucyx

Newsletter written by Lucy Cahil, May 2007

Please note that the articles / information contained are not intended to provide any professional or medical advice. For advice, always consult your GP or dietician.