



Workshop title: Living with Food Allergies

Author/Speaker: Katrina Roe

Katrina Roe is the mother of an egg and peanut-allergic child and the wife of a man with gluten intolerance and wheat allergy. Her family have had to learn the hard way how to live with food allergies. She can speak from experience on topics such as starting school, handling birthday parties and other social occasions, educating your friends and making sure the allergic child is not excluded.

This talk can be given to adults, teachers, early childhood workers, church groups or to children (Aged 3 – 8).

For groups of children, Katrina can play a party game, speak about concepts such as safe/unsafe, how our bodies are all different and the importance of looking after our friends. She will also read aloud from her book, Marty's Nut-Free Party. This session takes about half an hour.

For adults, Katrina can deliver a 15 – 20 minute keynote address, combining her experiences and the latest research. Katrina will talk about common misconceptions, how to make your next party allergy friendly, making sure allergic children are included in social occasions and dealing with anxiety in allergic children.

Further details on Katrina Roe can be found at: www.frommouthsofbabes.com.

For more information on booking Katrina to speak, please contact:

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