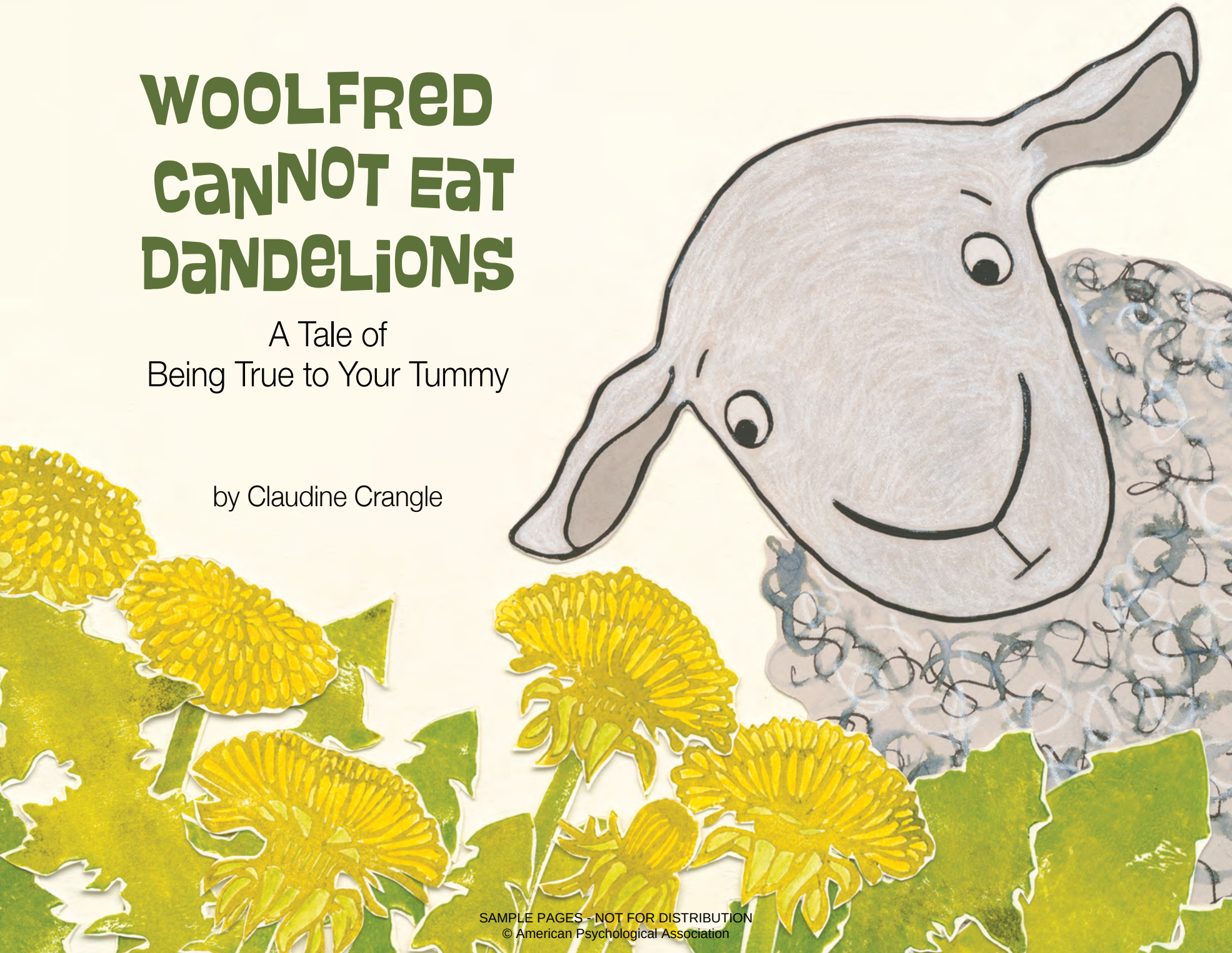
Woolfred Cannot Eat Dandelions

A Tale of Being True to Your Tummy

by Claudine Crangle



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Most sheep will eat almost anything they come across…
whether it's good for them or not.



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Woolfred, however, was born with a delicate system. Woolfred could not eat dandelions. He had to graze very carefully in the fields around his farm.



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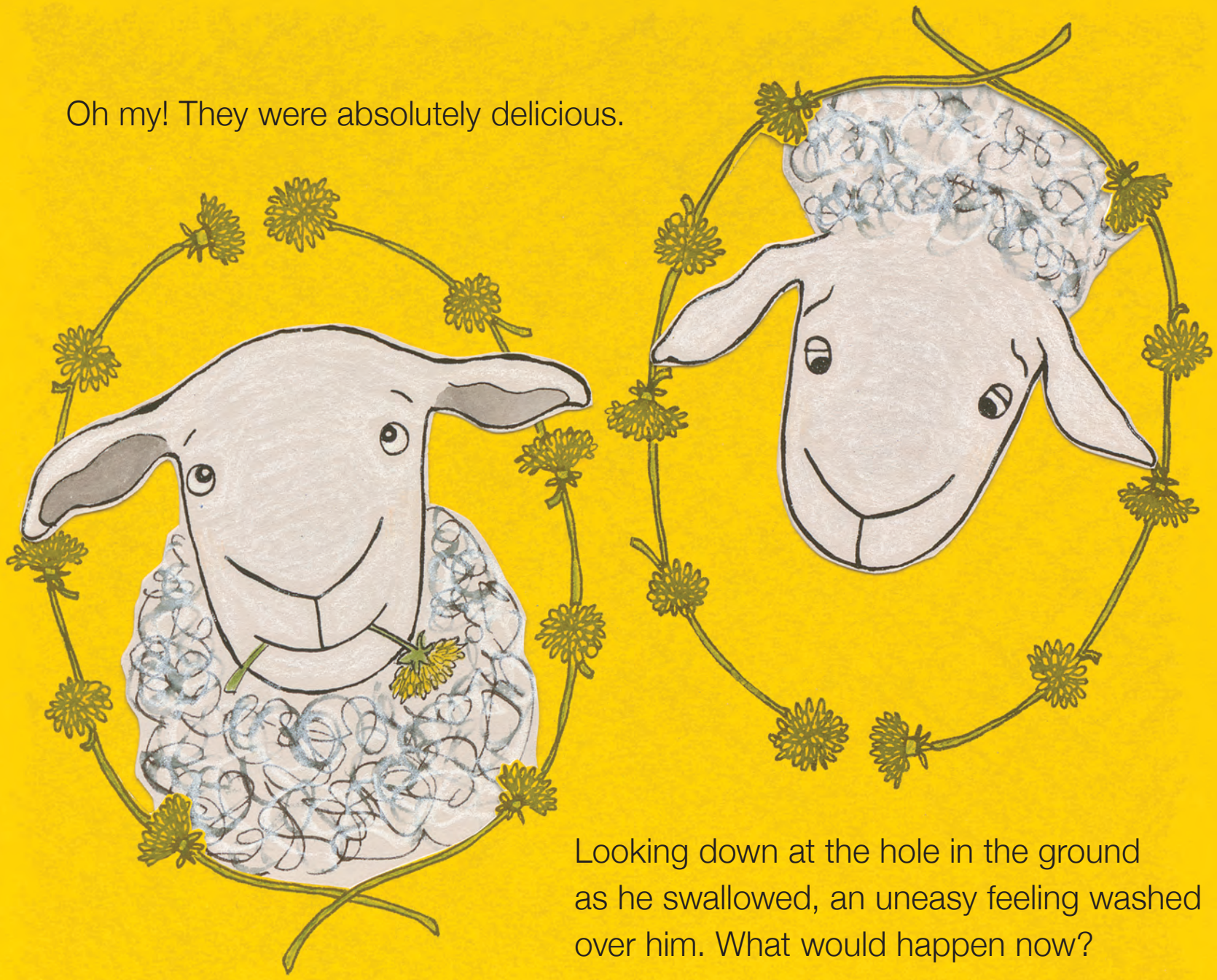
Over time, he grew tired of nibbling around the dandelions in the field. It wasn't fair. The other sheep could eat whatever they wanted!

One day, Woolfred decided that he'd had enough of being so darned careful. He spotted a rather large clump of dandelions, ripped them from the ground, where they grew, and began to chew.



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Oh my! They were absolutely delicious.



Looking down at the hole in the ground as he swallowed, an uneasy feeling washed over him. What would happen now?

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He didn't have to wait very long to find out.

Gwaaaaglewaaaglewush.

The rest of his flock stopped in their tracks.
What was that funny noise?



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Woolfred felt awfully strange. His mouth went dry.
His belly was growing big like a balloon. His legs went all wobbly.

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Children's/Food Intolerance
Ages 4–8

WOOLFRED CANNOT EAT DANDELIONS

A Tale of Being True to Your Tummy

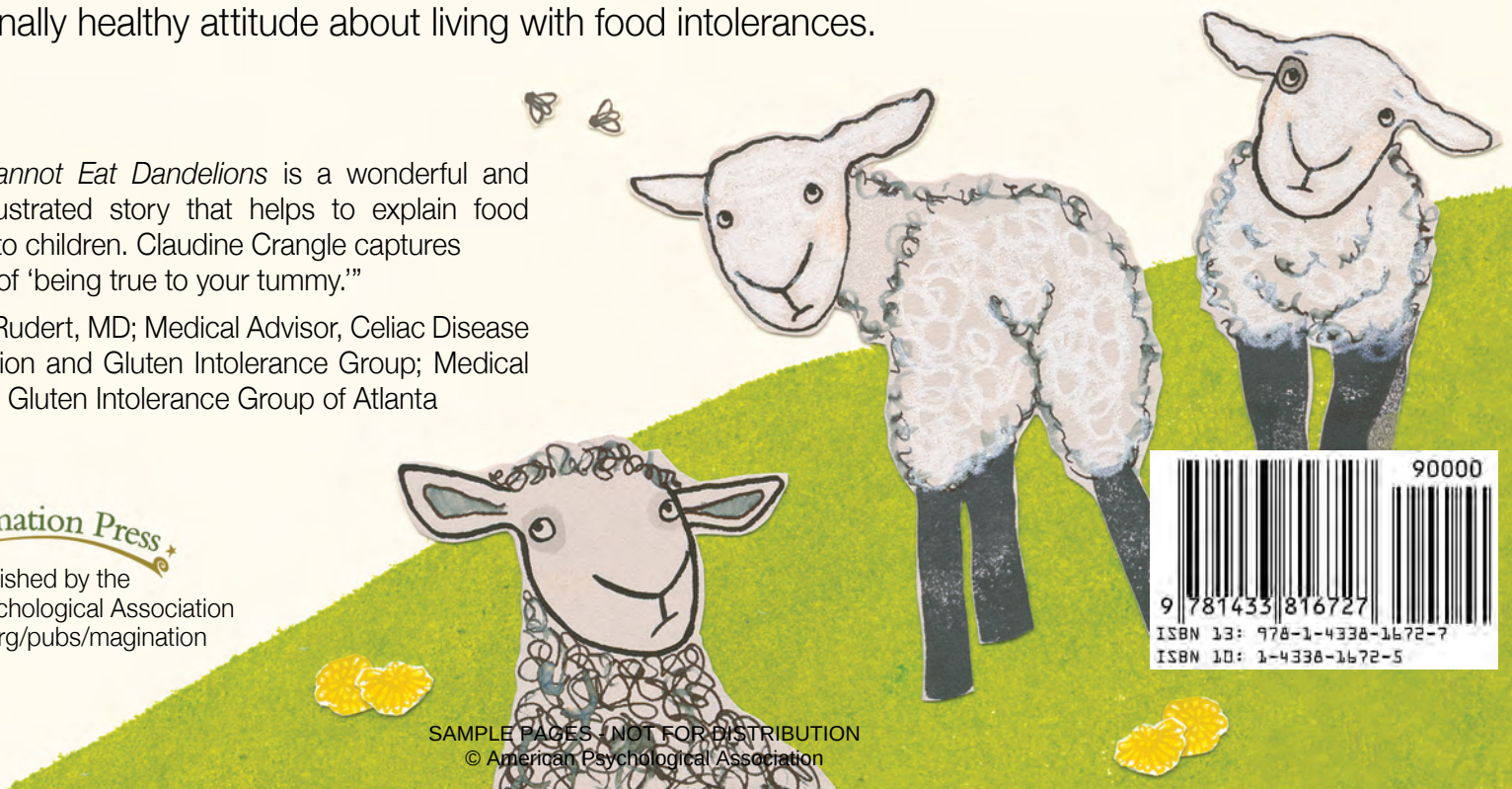
Most sheep will eat almost anything they come across, whether it's good for them or not. Woolfred, however, has a delicate system. He cannot eat dandelions. It isn't fair—the other sheep can eat whatever they want. He knows what will happen if he eats them, but still all Woolfred can think about is dandelions, dandelions, dandelions!

Eventually Woolfred discovers that focusing on what's missing can mean not seeing the good things in life…even when they are right in front of you.

A **Note to Parents and Caregivers** offers information and strategies for developing an emotionally healthy attitude about living with food intolerances.

"*Woolfred Cannot Eat Dandelions* is a wonderful and beautifully illustrated story that helps to explain food intolerances to children. Claudine Crangle captures the essence of 'being true to your tummy.'"

—Cynthia Rudert, MD; Medical Advisor, Celiac Disease Foundation and Gluten Intolerance Group; Medical Director, Gluten Intolerance Group of Atlanta



Magination Press
Published by the
American Psychological Association
www.apa.org/pubs/magination

90000
9 781433 816727
ISBN 13: 978-1-4338-1672-7
ISBN 10: 1-4338-1672-5

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