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Kindergarten, Here I Com Now Available for Purchase

Five-year-old author debuts a dynamic story of overcoming allergy and disease anxieties

Charleston, SC – (November 29, 2022) – Kindergarten-aged author Emma Vigrass debuts her first children’s book based on her experiences overcoming chronic illness and allergy-related challenges. The book *Kindergarten, Here I Come* is about a young girl who is excited to start kindergarten yet is concerned her classmates may not understand how her food allergies and EOE diagnosis impact her daily life. *Kindergarten, Here I Come* is available for purchase on Amazon and Barnes and Noble.

Emma, a native of Charleston, South Carolina, first had the idea of writing a book over the summer as she prepared to start kindergarten. “Emma had a lot of feelings about starting a new and exciting chapter of her life, much like any child would,” shared her mother, Casey Vigrass. “The one hang-up for her was how her new friends and teachers would react to her allergy- and disease-restricted diet, and she came to me asking if she could write a book about it. Of course, we were thrilled to help make her dream a reality.”

At the heart of the book is empowering children with allergies and disease-related concerns to stand up for themselves and kindly educate others. Emma, both in the book and in real life, struggles with a chronic esophagus condition called eosinophilic esophagitis (EoE). A portion of book proceeds will be donated to the Cured Foundation, which furthers research on eosinophilic diseases.

“I wanted to help other kids like me feel comfortable in new and different settings, and I thought sharing ideas on how we can do this together was a fun way of doing that!” states the Author, Emma.

Kindergarten, Here I Come is the first book in the Emma Explores series, which will chronicle how Emma navigates new opportunities utilizing the skills and techniques she uses in her own life. For more about the series or to purchase a book, visit Emma-Explores.com.

About Emma Explores

Emma Explores is a children’s book series by Charleston native Emma Vigrass. The series taps into Emma’s experiences with food allergies and chronic illness in a way that empowers and uplifts all children to navigate new settings confidently. The books will help children, both those who struggle with allergy and disease management or friends who don’t always feel like others,

to feel strong in their beliefs and brave in their actions. The first book, *Kindergarten, Here I Come*, shares a glimpse of the joy that is Emma: a girl who has met every new challenge with a smile and a can-do attitude. For more about Emma Explores or to purchase a book, visit Emma-Explores.com.