

'Modern Family' Star Julie Bowen Advocates For Son's Anaphylaxis



By Priyanka Singh

Modern Family star, Julie Bowen, recently opened up to CelebrityBabyScoop.com about her advocacy for a special cause known as anaphylaxis, which is a deadly type of allergic reaction. Bowen talked about her son's frightening experience when he had a scary "life threatening allergic reaction to peanut butter." The actress also chatted about the joys of being a mother to three rambunctious boys: 6-year-old Oliver and 4-year-old twins, John and Gus.

CBS: What are your best tips for parents in talking to their kids, making them aware and self-advocates of their anaphylaxis?

JB: "It's important to have an anaphylaxis action plan and to talk about it with your child. The plan should include avoiding allergic triggers, knowing the signs and symptoms of anaphylaxis, having access to two epinephrine auto-injectors, and being prepared to respond if anaphylaxis occurs.

Talking about the topic can be empowering for a child. We talk to my son about his life-threatening allergies a lot, and as a result, he's become his own best advocate. He's six and tells everyone about his allergy to peanuts and asks if there are nuts in foods before he eats a food he doesn't recognize."

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CBS: How are your boys doing?

JB: "I have three boys, so my house is ... rowdy! They are close in age, so they really do like playing with one another, and so far, get along very well. I hope that continues. We just came out of a busy summer with lots of camps and activities, so we're settling in to new routines and a new school year."

CBS: How do you juggle your busy career and your family life?

JB: "It's a constant juggling act, and I'm just like every other mom trying to do the best I can. I have noticed that, now that the boys are a little older, they notice more when I am gone, so I try to be around as much as possible. But it's good for them to see I have a job that I love too. And I'm lucky that my work schedule is very manageable."

CBS: What is it like raising kids in Hollywood? Do the paparazzi drive you crazy?

JB: "I try not to really let it affect us too much. The kids could really care less that I am on TV. If I'm not on a

cartoon, they're not interested. I'm just Mom."

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CBS: What's up next for you?

JB: "I'm really enjoying my work on *Modern Family* and the stage it's given me to bring new information to other moms. This includes my work to raise awareness of anaphylaxis with the Get Schooled in Anaphylaxis campaign as well as my work with Neutrogena next year. So, more of that and just spending as much time with my family as I can!"

For the rest of the interview, visit www.celebritybabyscoop.com/2013/11/06/important-anaphylaxis-action.

**Sidebar photo courtesy of Celebrity Baby Scoop.*