



Resources for Families of Children with Special Needs

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These resources were contributed by members of various occupational therapy and pediatric lists

- **Sensational Kids, Hope and Help for Children with Sensory Processing Disorder (SPD)** by Lucy Jane Miller, Ph.D., OTR
- **Eagle Eyes, A Child's Guide to Paying Attention** by Jeanne M. A. Gehret and Susan Covert (Illustrator).
- **Shelley the Hyperactive Turtle (ADHD)** by Deborah M. Moss, Carol Schwartz (Illustrator), Hardcover, Woodbine House, September 1990.
- **The ADD/ADHD Checklist: An easy reference for parents and teachers** by Sandra Rief, M.A., is an EXCELLENT book!
- **Understanding Girls with AD/HD** by Kathleen G. Nadeau, PhD; Ellen B. Littman, PhD; and Patricia O. Quinn, MD. It's published by Advantage Books (888-238-8588).
- **Bipolar Disorders: A guide to helping children and parents**, by Mitzi Waltz.
- **Hunter and His Amazing Remote Control** gives activities and strategies to teach children self-control, using a cognitive-behavioral approach. It is available through Youth Light (www.youthlight.com).
- **A Very Special Critter** by Mercer Mayer (about wheelchair-bound children).
- **Bridging the Gap** by Rondalyn V. Whitney, MOT, OTR (available at Amazon and other book stores). It's about children who have Aspergers and Nonverbal Learning disorder, the sensory piece of the diagnoses and the role of various interventions. Carol Kranowitz (author of the Out of Sync Child and the Out of Sync Child Has Fun) wrote a piece on the front cover endorsing the book.
- **Blue Bottle Mystery** (my absolute favorite kid's book on Autism) by Kathy Hoopmann, Paperback, Kingsley, Jessica Publishers, April 2001. The author is a teacher from Australia.
- **Ian's Walk, A Story about Autism** by Laurie Lears and Karen Ritz, Library Binding, Albert Whitman, February 1998. It's about a girl who has a young brother with autism (I think I've seen this at Crown Books).

The following books can be ordered through www.asperger.net : **All About My Brother** by Sarah Peralta, **Everybody is Different**, **Tobin Learns to Make Friends**, and **This is Asperger Syndrome**. These are all insightful books.

- **Arnie and His School Tools: Simple Sensory Solutions That Build Success** by Jennifer Veenendall, OTR/L. Describes sensory strategies that Arnie uses in the classroom to help him maintain his focus.
- **Little Rainman** by Karen L. Simmons, Karen Sicoli, R. Wayne Gilpin (Editor), Paperback, Future Horizons, Inc., November 1996.
- **Trevor, Trevor** by Diane Twachtman-Cullen. It is recommended for ages 7-10. It can be ordered at www.starfishpress.com
- **Captain Tommy** by A.Ward Messner
- **I wish I Could Fly Like a Bird** by Kathryn Dennison.
- **Emergence, Labeled Autistic, and Thinking in Pictures** by Temple Grandin
- **My Friend with Autism** by Beverly Bishop is a good introduction to autism for elementary students
- **Existing Nirvana** by Clara Claiborne Park. This is a follow-up to a book she wrote years ago called *The Seige*, which is the story of her daughter's life with autism. Both books are articulate about autism, and applicable to higher functioning individuals.



- **Asperger Syndrome and Sensory Issues** by Brenda Myles. This is a good resource for parents and teachers.
- **Pretending to be Normal: Living with Asperger's Syndrome** by Holliday Willey & Dr. Liane is available from www.FutureHorizons-autism.com.
- **Martian in the Playground, Understanding the School Child with Asperger's Syndrome** by Clare Sainsbury.
- **Aspergers, HUH? A Child's Perspective**, by Rosina G. Schnurr, PhD (talks about social skills in a way the child can understand).
- **Eating an Artichoke, a Mother's Perspective on Asperger Syndrome** by Echo R. Fling and Tony Attwood. This is available through www.amazon.com.

Following are books for siblings of children with special needs

- **Andy and His Yellow Frisbee** is a storybook that features children with disabilities
- **Views from Our Shoes; and Delicate Threads.** These are available through Woodbine House (<http://www.woodbinehouse.com>). This publisher also has some nice books for parents - straightforward, easy-to-read, with practical ideas.
- **Everybody is Different and Sibshops: Workshops for Siblings of Children with Special Needs** by Donald J. Meyer and Patricia F. Vadasy. The Sibshops book describes a program for 8-13-year-old siblings of children with special needs. Some local autism centers sponsor Sibshops programs as well.
- **My Brother Sammy** by Edwards/Armitage.
- **Special Siblings: Growing up with Someone with a Disability** by McHugh. Siblings of Children with Autism by Harris.
- **Views from Our Shoes: Growing up with a Brother or Sister with Special Needs** by Meyer. Disabled Village Children by David Werner -- HIGHLY recommended.
- **Hope Through Heartsongs and Celebrate Through Heartsongs** are two of four books of poetry written by Mattie J.T. Stepanek, a young man with a rare form of muscular dystrophy. It is an experience worth having...an amazingly insightful look at life through the eyes of a child facing a terrible disease with grace and dignity.
- **Taking the Mystery Out of Medications in Autism** by Luke Tsai, MD. Available through Sensory Resources (www.sensoryresources.com).
- **Navigating the Social World** by Jeanette McAfee, MD is also available from Sensory Resources (www.sensoryresources.com). Sensory Resources also has many other books for families, teachers and therapists.
- **Souls, Beneath and Beyond Autism** by Sharon Rosenbloom (writer) and Thomas Balsamo (photographer), McGraw-Hill, 2003. You can order it at www.booksthattouch.com or by calling 1-877-833-5524.

Other Resources

- One resource for Aspergers Syndrome is www.asperger.org
- A national resource for autism is the Autism Society of America: www.autism-society.org
- There are a lot of children's books about various disabilities. They are often available in the educational or special ed. Catalogs, or Amazon.com. There are several books on Autism, Aspergers Syndrome, ADHD, hearing or visual impairments, wheelchair bound children, Down's Syndrome, and other disabilities. You can do a search on Amazon for specific disabilities or you can put in "special needs" in children's books. Then as they list books, they have a "more like this" place to click.
- DisabilitiesBookS (www.DisabilitiesBookS.com) serves the community of individuals with disabilities and their families and friends, as well as the professionals who provide services to the disability community. Stanley D. Klein, Ph.D., is the Founder and Director of DisabilitiesBookS. Dr. Klein has worked in the disability field since 1954. DisabilitiesBookS sells top quality books, videotapes, and other publications in collaboration with publishers, nonprofit organizations, and authors, and features detailed information about each product.
- DisabilitiesBookS publishes new and out-of-print books under the People with Disabilities Press label; and provides information about products, services, and resources.