

Resource List for Children & Young Adults
 Family & Community Resource Center
 Special School District of St. Louis County
 12110 Clayton Road
 St. Louis, MO 63131
 314-989-8438/989-8108/989-8194

A is for All Aboard! Paula Kluth & Victoria Kluth (2010)
 Fun facts, vibrant art, and in-the-know slang about trains.

A is for Autism, F is for Friend. Joanna L. Keating-Velasco (2007)
 A kid's book on making friends with a child who has autism.

The ABCs of Autism. M. Davi Kathiresan (2000)
 This book was written to educate families, children and professionals and make them aware of the skills, strengths and capacities of persons with autism.

The Able Individual Video Learning Series. (video) (2005)
 Cover a variety of essential topics with the ultimate goal of providing children with special needs the foundation of skills to function more independently in everyday life. (DVD) (25 minutes)

Vol 1 – Hygiene

Vol 2 – Dressing

Vol 3 – Chores

Vol 4 – “What” & “Where” Questions

Vol 5 – “Who” & “Which” Questions

Vol 6 – “Whose” & “How Many” Questions

About Me and You: Watch Me Learn. (video) (2008)
 Video modeling of how to take turns, brush teeth, answer yes & no, tell about me & my body, learn about senses and rooms in my house. (DVD/Workbook) (57 minutes)

Accept and Value Each Person. Cheri J. Meiners (2006)
 Ages 4-8. The world is becoming more diverse, and so are the daily lives of our children. Accepting and valuing people and groups who are different from oneself and one's immediate family is a critical social skill. This book introduces diversity and related concepts: respecting differences, being inclusive, and appreciating people just the way they are.

Acquired Brain Injury: Teens Talking to Teens. (video) (25 minutes) (2000)
 Shows how life changed for three adolescents and young adults after their brain injuries.

The ADDed Touch: Spend the Day with Matthew, A First Grader with ADHD. Robin Watson.
 Grades K-3. Explains ADD to young children. Tells the story of a first grader who is struggling in school. (22 pages)

ADHD: Cory Stories; A Kid's Book About Living with ADHD. Jeanne Kraus (2005)

The Adolescent Depression Workbook. Mary Ellen Copeland (1998)
 Enables teens to assess how they feel and determine what to do to return to enjoying a rich, full life like every young person deserves.

All About Asthma. William and Vivian Ostrow (1989)
 For ages 4 to 10. Using his own experiences as illustrations, a young boy gives a clear and thorough picture of living with asthma (40 pages)

All About My Brother – An Eight Year Old Sister’s Introduction to Her Brother Who Has Autism. Sarah Peralta

In this picture book, eight-year-old Sarah Peralta demystifies autism by giving us insights into the world of her younger brother, who is nonverbal. Through her simple depictions of Evan’s everyday behavior, Sarah encourages others to approach autism without fear or pity. (27 pages)

All Cats Have Asperger Syndrome. Kathy Hoopman (2006)

Teenagers. Combines humor with understanding to reflect the difficulties and joys of raising a child with Asperger Syndrome and celebrates what it means to be considered 'different'.

All the Colors of the Earth. Sheila Hamanka (1994)

Pre-K-2nd. Celebrate the colors of children and the colors of love – not black or white or red but roaring brown, whispering gold, tinkling pink and more. (29 pages)

All Dogs Have ADHD. Kathy Hoopman (2009)

Combines humor with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different.'

All Kinds of Friends, Even Green! Ellen Senisi (2002)

Kindergarten-Grade 4. When his teacher gives an assignment to write about a friend, seven-year-old Moses considers classmates, neighbors, parents, and teachers before finally deciding on Zak, his teenage neighbor's iguana, because she is different yet determined, like him. (14 pages)

All Kinds of Minds: A Young Student’s Book About Learning Disabilities. Mel Levine (1993)

Ages 10 to 14. This chapter book follows five friends who have six learning problems: attention deficit hyperactivity disorder, reading problems, memory problems, a language disorder, motor skills, and problems with social skills (283 pages)

All Kinds of Minds. Mel Levine (audiocassettes) (4 1/2 hours) (1992)

Grades 3-6. This is the audio version of All Kinds of Minds and is an account of five appealing and realistic--but fictional--characters. Each of the children has one or more learning disorders: an attention deficit, a reading disorder, memory problems, a language disorder, social skills problems, or motor skills problems.

An Alphabet of Animal Signs, Stanley H. Collins (1994)

Starter book presents an animal sign for each letter of the alphabet.

Amazingly...Alphie! Understanding and Accepting Different Ways of Being. Roz Espin (2003)

This is a story about differences. It’s about trying to understand and accept people’s different ways of being. It’s a story about finding the buried treasure – looking beyond the challenge and finding the good that is always there.

Amelia Rules: The Tweenage Guide to Not Being Unpopular. Jimmy Gownley. (2010)

Comic book about navigating the promises and pitfalls of popularity.

Andy and His Yellow Frisbee. Mary Thompson (1996)

For grades K to 5, story of a boy with autism who has a special talent for spinning things. Views autism through the eyes of children and parallels the behaviors and feelings of children with autism with their classmates and siblings. (24 pages)

Andy Opens Wide. Nan Holcomb (1992)

Ages 9-12. Andy, who is five and has cerebral palsy, has difficulty opening his mouth at mealtime, until his frustration leads to a discovery (16 pages)

Anger Mountain. Bryna Hebert (2005)

Anger Mountain will help children better understand anger and deal more effectively with it

Anybody Can Bake a Cake: A Motivational Workbook for Kids. Hennie Shore (1995)

The people profiled in this book have had great success, and many of them have also had great obstacles to overcome. They were chosen because their stories are inspirational.

Are You Alone On Purpose? Nancy Werlin (1995)

Young Adult. Story of 14 year old girl and her twin brother who has autism. (204 pages)

Arnie and His School Tools: Simple Sensory Solutions That Build Success. Jennifer Veenendall (2008)

K-5 Introduces elementary students to basic sensory tools used to help children focus in classroom settings, such as fidgets, chewy pencil toppers and weighted vests. (45 pages)

Arnie and the New Kid. Nancy Carlson (1990)

Grades K to 3. When an accident requires Arnie to use crutches, he begins to understand the limits and possibilities of his new classmate, who has a wheelchair (14 pages)

Arnold Gets Angry. Lawrence E. Shapiro (2004)

Children learn about what makes them angry, and how angry behavior can get them into trouble. The book focuses on healthy ways to handle anger.

The Asperger's Difference. (video)(2009)

Follows three articulate young people as they navigate the waters of daily life and journey towards self-understanding and self-advocacy. (DVD)(31 minutes)

Asperger Download: A Guide to Help Teenage Males with Asperger Syndrome Trouble-Shoot Life's Challenges.

Josie and Damian Santomauro (2007)

Teenagers. Damian Santomauro and his mother, Josie, share their dual experiences by defining major terms that teenage males encounter during their journey into manhood. Damian was diagnosed with Asperger Syndrome at the age of five. Now he's in college and ready to share his experiences with teens who are experiencing what he lived through. (109 pages)

Asperger's Huh? Rosina Schnurr (1999)

Ages 6 - 12 who have Asperger's Syndrome (52 pages)

Asperger's — What Does It Mean to Me? Catherine Faherty (2000)

This book offers the individual and his or her caregivers an opportunity to better understand his/her world! Written by a leading therapist, alternate chapters educate the caregiver, then the individual answers questions about his/her views, fears and hopes.

Asperger Syndrome: An Owner's Manual. What You, Your Parents and Your Teacher's Need to Know. An Interactive Guide and Workbook. Ellen S. Heller Korin (2006)

Grades 5-8. Designed for young people grades 5 through 8 for use with guidance from a helping adult. Written to be understood by these particular adolescents, "An Owner's Manual" describes what Asperger Syndrome is and how it can affect daily life. (60 pages)

Asperger Syndrome: An Owner's Manual 2 For Older Adolescents and Adults: What You, Your Parents, Your Friends, and Your Employer Need to Know. An Interactive Guide and Workbook. Ellen S. Heller Korin (2007)

Designed for older adolescents (16+) for use with guidance from a helping adult. "An Owner's Manual" describes what Asperger Syndrome is and how it can affect daily life and employment. (124 pages).

Attention Girls! A Guide to Learn All About Your AD/HD. Patrica O. Quinn. (2009)

Meet girls with ADHD and learn ways to take charge of your life.

The Autism Acceptance Book: Being a Friend to Someone with Autism. Ellen Sabin (2006)

This book is much more than a book that teaches children about autism. It uses informative narrative and engaging activities to help them develop understanding, compassion, and appreciation for people different from themselves.

Autism: Being Friends (video) (8 minutes) (1991)

Autism awareness video produced specifically for young children. Portrays the abilities of the child with autism and describes ways in which peers can help the child to be a part of the everyday world.

A Bad Case of Tattle Tongue. Julia Cook (2006)

Ages 5-10. This book teaches children the difference between tattling and telling. (32 pages)

The Balancing Girl. Bernice Rabe (1980)

Grades K-3. Margaret, a first grader, gets around either in a wheelchair or with leg braces or crutches. Her disability is clearly portrayed in the color drawings, but not singled out in the text.

Barry's Sister. Lois Metzger (1992)

Ages 10+ Twelve-year-old Ellen's loathing for her new baby brother Barry, who has cerebral palsy, gradually changes to a fierce, obsessive love, and she must find a proper balance for her life (227 pages)

Be the Boss of your Sleep: Self-Care for Kids. Timothy Culbert and Rebecca Kajander (2007)

Ages 9-12. Kids learn to control how their body sleeps – even when they're having trouble sleeping. (56 pages)

Be the Boss of your Stress: Self-Care for Kids. Timothy Culbert and Rebecca Kajander (2007)

Ages 9-12. Kids learn to recognize the signs of stress, feel less stress and deal with stress in healthy ways (56 pages)

Be Polite and Kind. Cheri J. Meiners (2004)

Ages 4-8. When children are kind, courteous, and respectful, people enjoy being around them and reciprocate with the same behavior. This book helps kids understand the importance of showing politeness, speaking kindly, using basic courtesies (35 pages)

Because You Are My Friend. (video) (5 minutes)

Narrated by a child, this cartoon-like video provides young children with a simple and clear understanding about epilepsy.

Becca and Sue Make Two. Sandra Haines (1995)

Pre K to grade 2 Becca and Sue want to be in the school talent show together. With practice and cooperation they find that "together we're better." (32 pages)

The Behavior Survival Guide for Kids: How to Make Good Choices and Stay Out of Trouble. Thomas McIntyre

Ages 9-12. Kids who are labeled BD (or ED, EBD, or SED) struggle every day—with their peers, teachers, parents, and themselves. It's no fun to be labeled, and nobody wants to have behavior problems. This book can help them improve their behavior and their lives.

Betty Stops the Bully. Lawrence E. Shapiro, PhD (2004)

This book teaches children just what to do when confronted with a bully. The book also helps children who are bullies learn new social skills and encourages children who are bystanders to seek adult help.

Between Brothers and Sisters: A Celebration of Life's Most Enduring Relationship. Adele Faber and Elaine Mazlish (1989)

All ages. Poems and pictures capture this very special relationship (189 pages)

Big Brother Dustin. Alden R. Carter (1997)

Ages 4 to 8. A boy with Down Syndrome helps his parents and grandparents get ready for the birth of his baby sister and chooses the perfect name for her (13 pages)

The Big Orange Splot. D. Manus Pinkwater (1977)

Pre-K to grade 2. When a seagull drops a can of orange paint on his neat house, Mr. Plumbean gets an idea that affects his entire neighborhood (32 pages)

Blink, Blink, Clap, Clap: Why Do We Do the Things We Can't Stop? An OCD Storybook. E. Katia Moritz, Ph.D. & Jennifer Jablonsky (1998)

Ages 5 to 12. This storybook was written to help young children with OCD. (61 pages)

Blue Cheese Breath and Stinky Feet: How to Deal with Bullies. Catherine Depino (2004)

Ages 4-8. Fictional consumer text tells a story about a young boy in school being bullied by a classmate. Offers advice and recommendations on how children can stand up to bullying without fighting.

Boy On the Bus. Diana Loski (1994)

Pre-K to grade 3. Cory has trouble concentrating. Margo is worried about her neighbor after he falls and hurts himself. She discovers Cory has ADD and only needs a little extra attention to help him stay on track. Margo's friendship helps Cory feel better about himself. (28 pages)

The Boy Who Grew Flowers. Jen Wojtowicz (2005)

Grades 1-3. Rink's grandmother was raised by wolves, his Uncle Dud tames rattlesnakes, and Rink grows beautiful flowers all over his body when the moon is full. Townspeople just don't understand the Bowagons. But one day a new girl named Angelica arrives at Rink's school, and he soon discovers she has some unique qualities too. (32 pages)

Brandon and the Bi-Polar Bear: A Story for Children with Bi-Polar Disorder. Tracy Anglada. (2004)

Ages 9-12. Story about a young boy with bipolar disorder. Readers learn about his symptoms, fears, and treatment from a child's viewpoint.

Brothers and Sisters. Laura Dwight (2005)

Ages 4-8. The vignettes in this book are told in the first person by or about siblings who have a variety of disabilities. (40 pages)

Buddy's Shadow. Shirley Becker (1991)

Juvenile. Buddy, who is five, has Down Syndrome, and is in need of a friend all his own, saves his money and buys a puppy

Bullies Are a Pain in the Brain. Trevor Romain (1997)

Ages 9-12. A serious yet humorous guide to dealing with bullies.

Bullies are a Pain in the Brain: Promoting Social and Emotional Fitness for Kids. (video)(2008)

Using humor, original music, and a fast paced storyline, this video offers kids practical, easy-to-implement solutions for dealing with their own bully problems. (DVD) (30 minutes)

Bully for You. (1991)

Grades 2 to 6. Whether you are a bully, follow a bully, or are bullied yourself, this book is for you. It tells you how to do it, why you do it, and how to deal with bullies (14 pages)

A Button In Her Ear. Ada Bassett Litchfield (1976)

Ages 5-9. Story about Angela, a school-age child who misinterprets what people say to her. Her hearing loss is described from the initial diagnosis, audiology testing and fitting of a hearing aid to final daily living and acceptance.

Can I Tell You About Asperger Syndrome? Jude Welton (2003)

Ages 7-15. Meet Adam - a young boy with AS. Adam invites young readers to learn about AS from his perspective. (48 pages)

Captain Tommy. Abby Ward (1999)

Book for young children is the account of Tommy, who reluctantly agrees to play with someone new whom he perceives to be different; a boy who has autism. Story follows Tommy through his initial questions and finally to his success in making a new friend.

Cat's Got Your Tongue? A Story for Children Afraid to Speak. Charles E. Schaefer, PhD. (2000)

Ages 4 to 8. Anna stops speaking when she starts kindergarten until her parents and a therapist patiently help her overcome her anxiety (14 pages)

Caution: Do Not Open Until Puberty! An Introduction to Sexuality for Young Adults with Disabilities. Rick Enright (1995)

Young adults. Recommended for parents and professionals looking for a non-threatening and humorous way to discuss sexuality with children and adolescents (37 pages)

Changes in You for Boys. Peggy C. Siegel (1992)

Grades 4-8. This book explains changes of puberty in a simple, positive manner. It covers such topics as physical development, erections, masturbation, wet dreams and sexual abuse prevention (41 pages)

Changes in You for Girls. Peggy C. Siegel (1992)

Grades 4-8. This popular book explains changes of puberty in a simple, positive manner. It covers such topics as physical development, masturbation, and sexual abuse prevention (47 pages)

Chrysanthemum. Kevin Henkes (1991)

Ages 4-8. Chrysanthemum loves her name, until she starts going to school and the other children make fun of it (14 pages)

Color Me Successful, The Lab School Of Washington. (1998)

A coloring book featuring the winners of The Lab School "Outstanding Learning Disabled Achievers Award".

Coping with a Learning Disability. Lawrence Clayton (1992)

Ages 9-12. Discusses learning disabilities and what can be done to overcome the special problems associated with them (110 pages)

Cory Stories: A Kid's Book About Living with ADHD, Jeanne Kraus (2004) (grades 1-5)

Grades 1-5. Cory has lots of stories to tell and lots of ways to get organized, pay attention, calm down, remember things, make friends, and feel good about himself and life with ADHD. (31 pages)

Cosmo Gets An Ear. Gary Clement (1994)

Ages 4-8. Little boy helps families or friends understand what it's like to wear a hearing aid

Count Us In: Growing Up With Down Syndrome. Jason Kingsley and Mitchell Levitz (1994)

Two young men with Down syndrome talk frankly about careers, friendships, school, sex, marriage, politics, and independence. (182 pages)

The Curious Incident of the Dog in the Night. Mark Haddon (2004)

When his neighbor's poodle is killed and Christopher, a 15 year old with autism, is falsely accused of the crime, he decides that he will take a page from Sherlock Holmes (one of his favorite characters) and track down the killer.

Danny and the Merry Go Round. Nan Holcomb (1984)

Ages 4-8. When Danny, who has cerebral palsy, is faced with another frustrating and boring day at the playground watching, instead of doing, something unexpected happens. He finds a new friend and learns something about himself. With his new friend beside him, he handles being afraid and enjoys a wonderful new experience (15 pages)

David and the Worry Beast: Helping Children Cope with Anxiety. Anne Marie Guanci. (2007)

Teaches children how to deal with anxiety.

Depression Is the Pits, But I'm Getting Better: A Guide for Adolescents. E. Jane Garland, MD (1997)

Ages 12-15. This book, written especially for teens, is packed with the practical information and the reassurance necessary for coping with and beating the "pits." (90 pages)

Diary of a Social Detective: Real-life Tales of Mystery, Intrigue and Interpersonal Adventure. Jeffrey E Jessum, PhD. (2011)

While enjoying a good story, kids learn how to reflect upon themselves as they observe others; how to read body language and social cues; how to deal with bullies and loudmouths.

Different Is Not Bad, Different Is the World: A Book About Disabilities. Sally L. Smith. (1994)
 Grades 2-6. Children's book about learning and physical disabilities teaches empathy with those who are different from them and to recognize the value of all people. .

Different Just Like Me. Lori Mitchell (1999)

Grades 1 to 6. Over the course of the week, April observes the many differences between herself and the people she encounters. (15 pages)

Distant Drums, Different Drummers: A Guide for Young People with ADHD. Barbara Ingersoll (1995)
 Ages 8 to 14 Book stresses the value of individual differences and offers young readers the opportunity to see themselves in a positive light and motivates them to face challenging problems. (39 pages)

Don't Despair on Thursdays! The Children's Grief-Management Book. Adolph Moser (1996)

Ages 9-12. Examines, in simple text, how to deal with feelings of grief when people or pets die, or when friends move away (61 pages)

Don't Feed the Monster on Tuesdays! The Children's Self-Esteem Book. Adolph Moser (1991)

Ages 4 to 10. Discusses how to develop and maintain healthy self-esteem and a positive attitude (61 pages)

The Don't Give Up Kid and Learning Differences. Jeanne Gehret (1990)

Ages 6 to 10. Points out the light and dark sides of learning differently, based on the authors observations as a parent and advocate for exceptional children (16 pages)

Don't Laugh At Me. Steve Seskin and Allen Shamblin (2002)

K-3rd. For anyone who's been bullied – or even been a bully themselves – it's time to change your tune. Includes a CD. (21 pages)

Don't Pop Your Cork on Mondays! The Children's Anti-Stress Book. Adolph Moser (1988)

Ages 9 to 12. Explores the causes and effects of stress and offers practical approaches and techniques for dealing with stress in daily life (41 pages)

Don't Rant and Rave on Wednesday: The Children's Anger Control Book. Adolph Moser, Ed.D (1994)

Ages 4-8. Explains the causes of anger and offers methods that can help children reduce the amount of anger they feel. He also gives effective techniques to help young people control their behavior, even when they are angry.

Don't Squeal Unless It's a Big Deal: A Tale of Tattletales. Jeanie Franz Ransom (2005)

Ages 4-8. Helps kids learn when telling is appropriate and when it is merely squealing. (13 pages)

Don't Stop the Music. Robert Perske (1986)

In this novel for young adults, two teen sleuths with cerebral palsy use their keen wits to crack an auto theft ring.

Don't Sweat It! Every BODY'S Answers to Questions You Don't Want to Ask: A Guide for Young People. Marguerite Crump (2002)

Ages 9-12. Covers self-care from head to toe, from dandruff to breakouts, bad breath to germ hands, body odor to the parts "down there," and finally, smelly feet. (118 pages)

Don't Turn Away Series. Thomas Bergman (1990-1996).

Ages 9-12 (Each Book 48 pages)

Moments that Disappear Children Living With Epilepsy

Meeting the Challenge Children Living with Diabetes

Finding a Common Language Children Living with Deafness

Going Places Children Living with Cerebral Palsy

One Day at a Time Children Living with Leukemia

On Our Own Terms Children Living with Physical Disabilities

Seeing in Special Ways Children Living with Blindness

We Laugh, We Love, We Cry Children Living with Mental Retardation

Double-Dip Feelings: Stories to Help Children Understand Emotions. Barbara S. Cain (2001)

Ages 4 to 8. Learning to cope with ambivalence is one of the greatest challenges in a child's emotional development. A series of familiar situations illustrate the common yet uncomfortable experience of having two contrasting feelings at the same time. The first day of school brings both pride and fear; the arrival of a new brother or sister can trigger both joy and sadness. (32 pages)

Eagle Eyes: A Child's Guide to Paying Attention. Jeanne Gehret (1991)

Ages 6-10. Clumsy and impulsive on a nature walk, Ben drives away the birds he admires. Over time, however, he learns to focus his attention like an eagle on the things that really count. Book helps readers of all ages understand ADD and gives practical suggestions for organization, social cues and self-calming. Expressive illustrations enhance the book and encourage reluctant readers. (14 pages)

The Early Prevention Storybook Series. (2001)

Grades Pre K- 4. In each book in this series, an animal loses the very thing he or she is known for and then regains it with the help of some simple, but sound, advice.

The Lion Who Lost His Roar (fear) (53 pages)

The Hyena Who Lost Her Laugh (attitude) (53 pages)

The Penguin Who Lost Her Cool (anger) (59 pages)

The Bear Who Lost His Sleep (worry) (53 pages)

The Rabbit Who Lost His Hop (self-control) (55 pages)

The Chimp Who Lost Her Chatter (shyness) (55 pages)

Eddie Enough! Debbie Zimmet (2001)

Grades K-4. Meet Eddie Minetti, human whirlwind and third-grader. He thinks, moves, and speaks quickly and it often gets him into trouble. One day at school, Eddie arrives late on account of forgetting his lunch, misses part of his spelling test, is accused of cheating, knocks over things, and loses the classroom's pet rat...and that's only part of the morning! His exasperated teacher, Mrs. Pinck, says, "I've had enough, Eddie, enough!" That's all it takes, and soon the entire class is taunting Eddie with his new nickname, Eddie Enough. Eddie feels pretty awful, but the day isn't over yet. More out-of-control behavior lands him in the principal's office. Mr. Thomas recognizes Eddie for what he is: a good kid who can't help being "too much." With medication and support from doctors, his parents, and his teacher, Eddie is happier as he begins to slow down and manage his behavior. In fact, he's no longer Eddie Enough, he's Eddie Just Right! (42 pages)

The Eentsy, Weetsy Spider: Fingerplays and Action Rhymes. Joanna Cole and Stephanie Calmenson (1991)

A Collection of nearly 40 fingerplays and action rhymes (64 pages)

80HD: A Child's Perspective on ADHD. Dr. Trish Wood (2008)

Summarizes the thoughts and experiences of a child with ADHD, written from the perspective of a child.

Einstein and Me: Talking About Learning Disabilities. (video) (30 minutes) (1994)

Kids speak openly and honestly about how they found out about their learning disability, the policies and people who made life difficult, people and programs that helped them cope, their strengths and talents, their futures.

Eli, The Boy Who Hated to Write: Understanding Dysgraphia. Regina and Eli Richards (2000)

Grades K-5. Dysgraphia is often misunderstood by parents, teachers, and students. This book is designed to present a student's view of the struggles and frustrations, while also presenting hope and specific strategies and compensations. (83 pages)

Elvin the Elephant Who Forgets. Heather Snyder, PhD (1998)

Grades K-5. Elvin has a tree branch fall on his head. He can't count his figs anymore, gets mixed up at school and doesn't get along with his friends anymore. A visit to the neuropsychologist helps him understand that he's not a bad little elephant... he has a brain injury. (16 pages)

Elvin: The Elephant Who Forgets. (video) (2009)

Creates a forum for children who sustain a brain injury to enhance their understanding of the emotional and cognitive changes that they may experience. (DVD)

Ethan and Phoebe: A Child's Book About Autism. Deborah Ann Moore (2003)

Ages 4-8. Big sister Phoebe offers a glimpse into her world and that of her little brother Ethan who has autism.

Evan & Me: A Story of Autism and Love. Mary Karsten Hebrank (2010)

Heartwarming narrative of a young girl's love for her twin brother with autism.

Even Little Kids Get Diabetes. 1994.

Ages 4-8. A young girl who has had diabetes since she was two years old describes her adjustments to the disease (13 pages)

Every Time I Blow My Top I Lose My Head! A Kid's Guide To Keeping Cool Under Stress. Laura Slap-Shelton, Psy.D. and Lawrence Shapiro, PhD. (1999)

Ages 4 to 10. Children discover a number of useful techniques for dealing with stressful situations. (61 pages)

Everybody Has A Song. (video) (2001)

Narrated by Henry Winkler, a touching straightforward presentation where he talks directly to children about their learning challenges and how to overcome them.

Everybody is Different – A Book for Young People Who have Brothers or Sisters with Autism. Fiona Bleach. (2002)

Ages 9-12. Designed to give answers to the many questions of brothers and sisters of young people on the autistic spectrum. As well as explaining the characteristics of autism, it is full of helpful suggestions for making family life more comfortable for everyone concerned. (77 pages)

Everything I Do You Blame on Me! A Book to Help Children Control Their Anger. Allyson Aborn (1994)

Ages 9-12. Eddie is an angry child who encounters trouble wherever he goes. Helps children develop solutions to their anger issues. (92 pages)

Facing Fear Without Freaking Out: Promoting Social and Emotional Fitness for Kids. (video)(2008)

Using laughter, great music and hair-raising chills, this episode offers practical advice on overcoming fears. (DVD) (30 minutes)

Feeling Left Out. Kate Petty and Charlotte Firmin (1991)

Pre K to grade 2. New to the neighborhood, Chris feels left out of various games and social events (10 pages)

Fighting Invisible Tigers: A Stress Management Guide for Teens. Earl Hipp (1995)

Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives.

Fitting In and Having Fun: Social Skills Training Video Series - Vol. 1.

Provides information that can help children connect their own behavior to the responses they are receiving from their peers through "What They're Thinking" insight windows. (DVD)

Fitting In and Having Fun: Social Skills Training Video Series - Vol. 2 - Moving on to Middle School

Gives tips and advice on how students can handle the many new and complex situations that commonly arise in middle school. (DVD)

Fitting In and Having Fun: Social Skills Video Modeling Series - Vol. 3 - Confident and in Control.

Provides information that can help children connect their own behavior to the responses they are receiving from their peers through "What They're Thinking" insight windows. (DVD)

A Five is Against the Law! Social Boundaries: Straight Up! An Honest Guide for Teens and Young Adults. Kari Dunn Buron (2007)

Young Adult. Takes a narrower look at challenging behavior with a particular focus on behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries. (47 pages)

Friends at School. Rochelle Bunnett (1995)

Ages 4 to 8. Shows that given the opportunity, children readily accept each other's differences. Emphasizes in a relaxed, natural way that even though some children may look different and have different abilities, all children like to do the same things (29 pages)

Friends Who Care — A Disability Awareness Program for Elementary Students (video) (45 minutes) (1990)

Complete teaching curriculum includes a 16-page teacher's guide, activity sheets, posters, a 45-minute videotape and bookmarks with disability etiquette tips. Explores the range within vision, hearing, developmental, learning and physical disabilities.

Get Organized Without Losing It. Janet Fox (2006)

Ages 9-12. Kids today have a lot to keep track of and keep organized. Schoolwork, friends, activities, chores rooms, backpacks, lockers, desks and what about fun? Includes help for kids who want to manage their tasks, their time, and their stuff without going overboard or being totally obsessed. (105 pages)

Glad Monster, Sad Monster: A Book About Feelings. Ed Emberley and Anne Miranda (1997)

Ages 4-8. Sometimes it's hard to tell someone that you are sad or happy, lonely or glad. This book enables children and adults to discuss feelings. (8 pages)

Good Answers to Tough Questions About Death. Joy Berry (1990)

Grades 3 to 6. Answers many questions that children have about death (48 pages)

Good Answers to Tough Questions About Physical Disabilities. Joy Berry (1990)

Grades 3 to 6. Answers many questions children have about disabilities (48 pages)

A Good Friend How to Make One, How to Be One. Ron Herron and Val J. Peter (1998)

Ages 10 and up. This book advises children in such areas as the basics of conversation and friendship do's and don'ts. Included are nine easy-to-follow "people" skills such as giving and receiving compliments, introducing yourself, and showing respect and sensitivity that put getting along with others into manageable steps. (83 pages)

The Goodenoughs Get In Sync. Carol Stock Kranowitz (2004)

Ages 8-12. Tale of five family members and their naughty dog (each with a different sensory processing challenge) and how they get in sync after a tough day (89 pages)

A Guide Dog Puppy Grows Up. Caroline Arnold (1991)

Grade 2-5. A photo-essay about the training of a guide dog.

Hands Are Not for Hitting. Martine Agassi, PhD (2000)

Preschool. This title offers youngsters an alternative to hitting and other forms of hurtful behavior, guiding them to a more peaceful and positive outcome in their dealings with other children.

The Handstand. Barry Rudner (1990)

Grades 1 to 3. The Littlest Tall Fellow along with a friend learns that everyone is an equal (26 pages)

He's My Brother. Joe Lasker (1974)

Ages 4 to 7. A young boy describes the experiences of his brother with a developmental disability at school and at home (40 pages)

Heartprints. P.K. Hallinan (1999)

Grades K-6. It is easy to leave a heartprint. Just do something kind for someone else. It doesn't have to be a big thing; a smile or a hug will leave a heartprint, too! (10 pages)

Help4DD @High School. Kathleen Nadeau PhD (1998)

Teenagers. Short, easy-to-read information-packed sections. Includes tips on studying, ways the high school can help you succeed, tips on getting along better at home, on dating, exercise and more. (119 pages)

Help Is On the Way: A Child's Book About ADD. Marc A Nemiroff, PhD and Jane Annunziatia, PsyD (1998)

Grades K-5. You don't have to go it alone—help is on the way! That's the message of this warm, reassuring book for youngsters with attention deficit disorders (ADD). In simple and upbeat language and cheerful, gentle illustrations, the book describes how children might experience the symptoms of ADD. It tells how they can cope with it, and what kind of help is available. The buoyant, vibrant illustrations carry the text dynamically along and reinforce the message of help and hope. (59 pages)

Here Comes Kate! Judy Carlson (1989)

Grades K to 3. A girl in a wheelchair learns when to go fast and when to slow down (30 pages)

Here's What I Mean to Say. Sarah Yates (1997)

Early elementary. Third book in a series about a girl growing up with a cerebral palsy (23 pages)

Hi, I'm Adam: A Child's Story of Tourette Syndrome. Adam Buehrens (1991)

Grades 1 to 6. A ten year old boy wrote and illustrated this book because he wants everyone to know he and other children with Tourette's Syndrome are just like them. (35 pages)

Hometown Hero. Barbara Aiello and Jeffrey Shulman (1989)

Grades 3 to 7. There is more to Scott than asthma. There is karate, bike riding, and Thanksgiving dinner. Scott also has a friend, Bill Walters, who happens to be homeless. (48 pages)

How About A Hug? Nan Holcomb (1983)

Grades K-5. Story of a little girl with Down Syndrome as she shares her day, her tasks, and her hugs (15 pages)

How It Feels to Live With a Physical Disability. Jill Krementz (1992)

Ages 8 to 16. Children with physical disabilities share their stories and speak about their lives, accomplishments and disappointments (176 pages)

How Many Days Until Tomorrow? Caroline Janover (2000)

Grades 4 to 7. Josh is a twelve year old with dyslexia who spends his summer with his older brother and grandparents on a remote island in Maine. At first, he finds island life torturous until he discovers that he may not be bookish like his brother, he has many other talents (173 pages)

How Rude: The Teenagers' Guide to Good Manners, Proper Behavior, and Not Grossing People Out. Alex J Packer, PhD. (1997)

This etiquette book keeps you laughing as you learn the basics of polite behavior in all kinds or situations.

How to Be a Friend: A Guide to Making Friends and Keeping Them. Laurie Krasny Brown and Marc Brown
Ages 5 to 10, Dinosaur characters illustrate the value of friends, how to make friends, and how to be and not to be a good friend (31 pages)

How to Do Homework Without Throwing Up. Trevor Romain (1997)

Grade 3-6. Contrary to what children believe, homework is not meant to make them miserable. It is a serious business, however, and one of the great things about it is that "you get to do it at home." (67 pages)

How to Handle Bullies, Teasers and Other Meanies. Kate Cohen-Posey (1995)

Grades 4-7. Every young person will need this book at some time in his or her life! Covers annoying name calling, vicious prejudice, explosive anger, dangerous situations, and causes of difficult behavior.

How to Make Friends...Secrets for Making Lots of Friends, No Matter How Shy You Are. Lonny Michelle (2000)

Ages 8 and up. Learn to make all the friends you want - easily gaining confidence how popular kids get that way getting rid of shyness - forever! What to talk about even if you can't think of anything to say changing the way people think about you today! (62 pages)

How to Take the GRRRR Out of Anger. Elizabeth Verdick and Marjorie Lisovskis (2003)

Ages 9-12. Anger is a part of life. We can't avoid it, we shouldn't stuff it, and we can't make it go away. Kids need help learning how to manage their anger. This book speaks directly to kids and offers strategies they can start using immediately.

Howie Helps Himself. Joan Fassler (1975)

Ages 4-8. Though he enjoys life with his family and attends school, Howie, a child with cerebral palsy, wants more than anything else to be able to move his wheelchair by himself (14 pages)

I Am A Beautiful Person: Sexuality and Me. Pacer Center (video) (1996)

Teens.

I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism. Elaine Marie Larson (2006)

Ages 4-8. Discover the unique characteristics and abilities of children with Asperger Syndrome and high-functioning autism – from A to Z. This book, laid out in an A-to-Z format, celebrates the extraordinary gifts and unique perspectives that ASD children possess. (56 pages)

I Can't Always Hear You. Joy Zelonsky 1996)

Story of Kim, a student who is nervous about attending her public school, but realizes there are differences in everyone.

I Don't Know Why, I Guess I'm Shy. Barbara Cain (2000)

Sammy Samson is shy, too shy to speak to kind Mr. Miller, who used to be his bird-watching buddy, or to friendly Mr. Daniels, the ice cream man. But one day, when Sammy's beloved dog Sparky gets lost, Sammy forgets about his shyness and can think only of finding his missing pup. Soon enough, he is talking to everyone (29 pages)

I Had a Friend Named Peter: Talking to Children About the Death of a Friend. Janice Cohen, D.S.W. (1987)

Ages 3 to 8. Betsy learns of the sudden death of her friend Peter, and her parents help her cope with the news. Betsy wonders, "Will I die too?" Did I somehow cause his death? Will the funeral be scary? Will Peter be cold and lonely after he's buried? Later, Betsy is able to create a special tribute to Peter and is comforted by the knowledge that Peter will not be forgotten (13 pages)

I Have a Sister, My Sister is Deaf. Jeanne Whitehouse Peterson (1984)

Ages 4-8. Explains the abilities of a sister with a hearing impairment and how she can say more with her face and shoulders than most people can with words.

I Have Autism: A Child's First Look At Autism. A Children's Book and Resource Guide. Pat Crissey (2005)

Grades Pre-K – 3rd. "*I Have Autism*" is a children's book to help parents and teachers explain autism to a young child.

I Have Autism...What's That? Kate Doherty, Paddy McNally and Eileen Sherrard (2000)

Book helps children and young people with autism to discover how their autism affects them.

I Like Me. Nancy Carlson (1990)

Pre-school-grade 3. By admiring her finer points and showing that she can take care of herself and have fun even when there's no one else around, a charming pig proves the best friend you can have is yourself (32 pages)

I Like Your Buttons! Sarah Marwil Lamstein (1999)

Ages 4 to 8. One day, Cassandra's teacher wears a blouse with glittery buttons. I like your buttons, Ms. Sutton-Jones, Cassandra says. So begins a chain of good feelings that spreads through the school, out into the playground, and around the neighborhood until it ends with the happiest surprises (29 pages)

I Love My Brother! A Preschooler's View of Living with a Brother Who Has Autism. (2001)

Book for young siblings and as a guide for helping preschool and kindergarten-aged students better understand their peers with autism

I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss (1994)

Grades 1 to 4. A best friend has moved away, Dad no longer lives with the family, or a favorite pet has died. Helps grieving children identify their feelings and learn to accept and deal with them. (27 pages)

I Would If I Could: A Teenager's Guide to ADHD/Hyperactivity. Michael Gordon

Ages 9-12. Compelling book for the adolescent with ADHD provides straightforward information about ADHD and explores its impact on family relationships, self-esteem and friendships. The use of humor and candor help educate and encourage teenagers who, too often, find themselves confused and frustrated. (34 pages)

I'm the Big Sister Now. Michelle Emmert (1989)

Ages 7 to 11. 9-year-old Michelle describes the joys, loving times, difficulties, and other special situations involved in living with her older sister Amy, who has cerebral palsy (26 pages)

I'm Deaf and It's OK. Loarraine Aseltine, et al (1986)

Ages 4-8. A young boy describes the frustrations caused by his deafness and the encouragement he receives from a teenager who is also deaf that he can lead an active life.

I'm Like You, You're Like Me: A Child's Book About Understanding and Celebrating Each Other. Cindy Gainer.

Ages 3-8. Simple words and illustrations help children discover and celebrate individual differences on their level: hair, families, body shapes, etc. (41 pages)

I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger. Lawrence Shapiro, et al (2008)

Ages 9-12. Workbook to help children learn to control their anger. (141 pages)

I'm Not Stupid. LDA (video)

Video depicts the constant battle of the child with learning disabilities in school. It points out how the child is often misdiagnosed as slow, retarded, emotionally disturbed or even just lazy.

I'm Somebody Too. Jeanne Gehret (1992)

Ages 9 and up. Full-length novel has its roots in the recovery movement and shows how ADD affects the entire family. Explains ADD in depth and explains methods to handle the feelings that often result from having a family member with ADD. (159 pages)

Ian's Walk: A Story About Autism. Laurie Lears (1998)

Story focuses on the relationship between Ian, a child with autism, and his siblings. While on a walk one day, Ian wanders away and his siblings locate him by recalling his favorite activities and sights. (28 pages)

If They Can Do It, We Can Too! Kids Write About Famous People Who Overcame Learning Disabilities Similar To Theirs. Students from Deephaven Schools Learning Lab (1992)

Ages 5-12. Written by 18 students with learning differences, the youngest not yet in first grade, the oldest in fourth to show that if the people they wrote about could be successful, so could they. The writings cover artists, inventors, musicians, actors, athletes and U.S. presidents. (87 pages)

Imagine Me On a Sit-Ski! George Moran (1995)

Ages 9-12. A child who has cerebral palsy and uses a wheelchair describes learning to ski with adaptive equipment

Include Us! (video) (33 minutes)

Toddler to 11 year old. Shows children of different backgrounds, ages and abilities. Eight songs.

It's Just Attention Deficit Disorder (video) (30 minutes) (1991)

Video helps professionals help youngsters and adolescents with ADHD to become active participants in their treatment. Filmed in an "MTV" format, video will hold the attention of even the most inattentive as it helps kids understand the definition of ADHD and the different kinds of interventions that are available. Includes advice from a former NBA coach and candid interviews with children with ADD.

It's O K to Be Different. Todd Paar. (2001)

Ages 4-8. Shows readers over and over that just about anything goes. From the sensitive ("It's okay to be adopted"--the accompanying illustration shows a kangaroo with a puppy in her pouch) to the downright silly ("It's okay to eat macaroni and cheese in the bathtub"), kids of every shape, size, color, family makeup, and background will feel included.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health. Robie Harris (1994)

Ages 9-12. From conception and puberty to birth control and AIDS, thorough presentation of the facts of sex, both biological and psychological. (89 pages)

It's So Amazing! A Book About Eggs, Sperm, Birth, Babies and Families. Robie Harris (1999)

Ages 7 and up. Specific topics covered include changes in boys' and girls' bodies during puberty, intercourse, birth control, chromosomes and genes, adoption and adjusting to a newborn sibling.

Jake Drake: Know It All. Andrew Clements (2007)

Grades 2-4. Jake is determined to win the third grade science fair not only for the grand prize, but to beat the annoying class know-it-alls as well. (96 pages)

Jake's the Name, Sixth Grade's the Game. Deb Piper (1996)

Grades 5-7. Jake explains in a humorous monologue the trials of being a 6th grader and the unique situations he experiences because of his deafness.

Jarvis Clutch- Social Spy. Mel Levine. (2001)

Learn about social cognition as Jarvis spies on himself and the students at his middle school.

Joey and Sam. Illana Katz and Edward Ritvo (1993)

Storybook for children focuses on a family with two sons, one of which has autism. The book addresses their similarities and differences, as it follows them through daily interactions with each other, parents and friends.

Joey Pigza Swallowed the Key. Jack Gantos. (1998)

Grades 3 - 8. To the constant disappointment of his mother and his teachers, Joey has trouble paying attention or controlling his mood swings when his prescription meds wear off and he starts getting worked up and wired again (153 pages)

Join In and Play (Learning to Get Along) (2004)

Ages 4-8. It's fun to make friends and play with others, but it's not always easy to do. You have to make an effort, and you have to know the rules—like ask before joining in, take turns, play fair, and be a good sport. (35 pages)

Josh: A Boy with Dyslexia. Caroline Janover (2004)

3rd grade and up. Story about a boy with a learning disability. (100 pages)

Jumpin' Johnny Get Back to Work! A Child's Guide to ADHD/Hyperactivity. Michael Gordon (1991)

Elementary. Entertaining and informative book helps elementary-age children understand the essential concepts involved in evaluation and treatment of ADHD. Tells the story of Johnny, what it's like for him to be inattentive and impulsive, and how his family and school help make life easier for him. Book is amusing, educational and accurate in its depiction of the daily challenges that confront children with ADHD. (22 pages)

Jumpin' Johnny Get Back to Work! A Child's Guide to ADHD/Hyperactivity. Michael Gordon (1994) (video) (30
Video version is an animated cartoon that tells Johnny's story so cleverly even the most fidgety of youngsters will pay close attention. Children with ADHD learn about their difficulties in a format they will hold their attention and motivate them to become a part of the treatment process. Includes the book.

Just Because I Am: A Child's Book of Affirmation. Lauren Murphy Payne (1994)
Ages 3-8. An introduction to self-esteem.

Just Like Me & You: A Disability Awareness Curriculum Paraquad (1997)
Grades 3-5. Curriculum presents disability as a part of life and addresses commonly asked questions.

Just Like Me? Children Talk About Spina Bifida. (video) (20 minutes) (1993)
Conversations between children with spina bifida and their classmates.

Keeping Ahead in School: A Student's Book About Learning Abilities & Learning Disorders. Mel Levine (1990)
Ages 9 to 15. Helps students struggling with learning differences gain insights into their own problems. (297 pages)

Keith Edward's Different Day: Different Is Just Different! (1992)
Pre-K. Helps young children to consider differences in a positive light.

Kibbles Rockin' Clubhouse: Expressing Yourself - vol 1 (video)
Learn social skills through creative visuals, peer modeling and fun songs. (DVD) (40 min)

Kidability (video) (1999) (25 minutes)
Children from the K-12 student audience host a disabilities awareness video with enough digital and MTV effects to hold interest.

Kid Safe. (video) (30 minutes) (1988)
Ages 6-12.

Kids Against Bullying. Pacer Center. (CD-ROM) (2006)
Grades 2 – 6. CD based on the Web site [PACER Kids Against Bullying.org](http://PACERKidsAgainstBullying.org), which educates students about bullying prevention and provide methods to respond to bullying situations.

Kids Corner: Kid-To-Kid Book Series:
Grades K-2. These books are written from a kid's point of view, in a kid's voice, and with a kid's sense of humor. (Each book is 31 pages)

Excuse Me: Being Polite.

I Don't Care: Showing Respect

I Feel Angry

I Feel Bored

I Feel Bullied

I Feel Happy

I Feel Frightened

I Feel Jealous

I Feel Lonely

I Feel Sad

I Feel Shy

I Feel Worried

I'll Do It! Being Responsible

Why Wash

Kids Like Me: A Children's Stories About OCD. Constance H. Foster (1997)
Elementary. Stories for children about children with Obsessive Compulsive Disorder (16 pages)

Kinda Blue. Ann Girfalconi (1993)

Pre K to grade 3. Sissy feels lonely and blue until her Uncle Dan cheers her up by explaining that everything, even corn, needs special attention every now and then (29 pages)

LD Does Not Mean Learning Dumb. Mrs. Manietis Class and Friends (1994)

Elementary. Helps children understand what it means to have a Learning Disability. (230 pages)

Learning for Life: Kids and Learning Differences. (video) (25 minutes)

Grades 5 and up. Find out what it's like to grow up with a learning disability and to wrestle with feelings of frustration and inadequacy before finding a path to success.

Learning to Slow Down and Pay Attention. Kathleen g. Nadeau PhD and Ellen B. Dixon PhD (1991)

Elementary. If your child has been diagnosed with ADHD, this is the book you've been looking for to answer the question "What do I tell my child?" Helps your child to identify problems and explains how parents, doctor and teacher can help. (52 pages)

Lee, The Rabbit with Epilepsy. Deborah M. Moss (1989)

Ages 4 to 8. Lee is diagnosed as having epilepsy, but the medicine to control her seizures reduces her worries and she learns that she can lead a normal life (22 pages)

Leslie's Story: A Book About a Girl with Mental Retardation. Martha McNey (1996)

Ages 9 and up. Describes the home and school life of 12 year old Leslie, a girl with an intellectual disability, and discusses intellectual disabilities in general (32 pages)

Let's Learn About Deafness: Classroom Activities (1998)

Developed to help teachers and the children in their classes become more aware of hearing impairment and its implications.

Let's Talk About Series. Joy Berry.

Grades K-3. These books help children develop positive attitudes, and replace misbehavior with something much more acceptable. (Each book is 32 pages.)

Let's Talk About Accepting "No."

Let's Talk About Feeling Afraid.

Let's Talk About Being Fair.

Let's Talk About Being Good.

Let's Talk About Being Patient.

Let's Talk About Feeling Angry.

Let's Talk About Feeling Defeated

Let's Talk About Feeling Disappointed.

Let's Talk About Feeling Embarrassed.

Let's Talk About Feeling Frustrated.

Let's Talk About Feeling Inferior.

Let's Talk About Feeling Jealous

Let's Talk About Feeling Worried

Let's Talk About Playing With Others

The Lion Who Had Asthma. Jonathan London (1992)

Ages K-3. Sean's nebulizer mask and his imagination aid in his recovery following an asthma attack (24 pages)

Listen and Learn. Cheri J. Meiners (2003)

Ages 4-8. Introduces and explains what listening means, why it's important and how to listen well. (34 pages)

Little Rain Man. Karen Simmons (1997)

Grades K-5. Describes Simmons' son's like and dislikes, feelings and achievements, and ways he prefers to be treated by the adults in his life. (71 pages)

Little Tree: A Story for Children with Serious Medical Problems. Joyce C. Mills, PhD (1992)
 Grades pre K to 3. One night, during a terrible storm, Little Tree's branches are hurt. Her friend Amanda the squirrel calls upon the Tree Wizards of the Forest to help, and they explain that they will have to remove Little Tree's branches in order to save her life. With Amanda's help, Little Tree learns to accept her new, changed self. (28 pages)

The Littlest Tall Fellow. Barry Rudner (1989)

Ages 5 to 8. A modern day fairy tale about effort, about the endeavor and about all of us (26 pages)

Living With A Brother or Sister With Special Needs: A Book for Sibs. Donald Meyer and Patricia Vadasy (1996)

Ages 9 and up. Focuses on the intensity of emotions that brothers and sisters experience when they have a sibling with special needs, and the hard questions they ask. (139 pages)

Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents. Barbara Ingersoll and Sam Goldstein (1995)

Teenagers. Covers the symptoms of depression its diagnosis, causes, treatment (including medication), suicide and management strategies at home and at school. (225 pages)

Look, Listen, I Can Do It: Watch Me Learn. (video) (2008)

Video modeling of opposites, familiar people, farm animal fun, karaoke, numbers, animal sounds, cutting, glueing, appropriate play, function of objects. (DVD/Workbook)

Looking After Louis. Lesley Ely and Polly Dunbar (2004)

Grade 1-4. Louis has autism, but through imagination, kindness, and a special game of soccer, his classmates find a way to join him in his world. Then they can include Louis in theirs. (25 pages)

Loudmouth George and the 6th Grade Bully. Nancy Carlson (1983)

Preschool – Grade 3. After having his lunch repeatedly stolen by a bully twice his size, Loudmouth George and his friend Harriet teach him a lesson he'll never forget. (29 pages)

Mad Isn't Bad: A Child's Book About Anger. Michaelene Mundy (1999)

Ages 4-8. You can be angry and still be good. This book tells children they do have choices and just as caring adults have choice about what to teach children about anger (29 pages)

Making It Better: Activities for Children Living in a Stressful World. Barbara Oehlberg (1996)

Ages 3 to 10. Offers information about the physical and emotional effects of today's stresses, trauma, and violence on children. (133 pages)

Mama Zooms. Jane Cowen-Fletcher (1993)

Ages Pre-K - K. A boy's wonderful mama takes him zooming everywhere with her, because her wheelchair is a zooming machine (30 pages)

Many Ways to Learn: Young People's Guide to Learning Disabilities. Judith Stern (1996)

Grades 3 to 7. Provides information on learning disabilities and strategies for coping with the problem and leading a successful life (82 pages)

Mary Marony and the Snake. Suzy Kline (1992)

Grades 2 to 5. With the support of her mother and new classmates, Mary sees a speech therapist about her stuttering problem (64 pages)

Max and the Magic Pill. (video) (60 minutes) (1995)

This video looks at the struggle people with disabilities have encountered in fighting for equality. This video looks at one mans life in particular, who as a quadriplegic has fought the institutional system.

Middle School: The Stuff Nobody Tells You About. Haley Moss (2010)

A teenage girl with high-functioning autism shares her experiences.

Mine! Hiawyn Oram (1992)

Pre K. Claudia is a little girl who absolutely hates it when other kids play with her toys. One day, during walk in the park, Claudia yells at her friend when she wants to try out her tricycle. (21 pages)

Mr. Worry: A Story About OCD. Holly L. Niner (2004)

Ages 4-8. Story of Kevin, a young boy with Obsessive Compulsive Disorder. (32 pages)

Misunderstood Minds: Understanding Kids Who Struggle to Learn. (video) (90 minutes) (2002)

Look into the lives of five children and their families as they deal with the puzzling mysteries presented by their unique learning differences.

Moonbeam: A Book of Meditations for Children. Maureen Garth (1992)

All ages. Simple visualizations for parents to help children to awaken creativity, sleep peacefully, develop concentration and quiet fears (121 pages)

Moonboy. Carolyn Garcia (1999)

Grade K - 5. The son of the man in the moon has no one to play with, so he does down to earth to make friends (28 pages)

More Alike Than Different . (video) (8 minutes)

Ages 5-12. Features kids with chronic conditions at leisure and sport. By focusing on kids with epilepsy, asthma, diabetes, hearing loss and neurofibromatosis while they practice karate, camp out, play soccer and music, go scouting and drive go-carts, this children's awareness tool delivers the self-esteem message.

Moses Goes to a Concert. Isaac Millman (1998)

Early elementary. Moses and his schoolmates, who are all hearing impaired, attend a concert where the orchestra's percussionist is also deaf (37 pages)

Mother Goose in Sign. S. Harold Collins (1994)

Ages 4-8. Five illustrated Mother Goose nursery rhymes.

My Bipolar Roller Coaster Feeling Book. Bryna Hebert (2005)

Elementary. The purpose of this book is to help the child with bipolar disorder better understand his or her feelings, learn coping strategies, and feel less alone in this world.

My Body Is Mine, My Feelings Are Mine: A Storybook About Body Safety for Young Children with an Adult Guide Book. Susan Hoke (1995)

Ages 3 to 8. Teaches young children the most important information about protecting themselves from the possibility of sexual abuse. (78 pages)

My Body is Private (1984)

Ages 6 to 10. A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private (23 pages)

My Book Full of Feelings: How to Control and React to the Size of Your Emotions. Amy V Jaffe & Luci Gardner.
An interactive workbook for parents, professionals and children to teach children how to identify, access the intensity of and respond appropriately to their emotions.

My Brother Is Very Special. Amy May (2004)

Grades K-3. A story to share with young children learning to accept a classmate, friend, or sibling with special needs (20 pages)

My Brother Matthew. Mary Thompson (1992)

Grades 1-4. Though David knows frustration and resentment at times, he feels he understands his little brother even better than his parents; and together the two boys experience a great deal of joy. (25 pages)

My Brother's a World Class Pain: A Siblings Guide to ADHD. Michael Gordon (1992)

Ages 9-12. While they frequently bear the brunt of their sibling with ADHD's impulsiveness and distractibility, siblings usually are not afforded opportunities to understand the nature of the problem and to have their own feelings and thoughts addressed. This story shows brothers and sisters how they can play an important role in the family's quest for change. (34 pages)

My Buddy. Audrey Osofsky (1992)

Grades K to 3. Buddy is the best dog a boy could have. He and his master are always together. They play ball, and go for walks, and take good care of each other. Nothing can separate them. They're a team (26 pages)

My Community. (2004)

Teaches appropriate social behaviors, interactions, expectations and safety precautions with various peers and adults in their community. Ages 5-15. (CD-ROM)

My Feeling Better Workbook: Help for Kids Who are Sad and Depressed. Sara Hamil (2008)

Workbook that helps kids explore their feelings and combat their negative self-talk that depletes their motivation and self-esteem. (122 pages)

My Friend Ben. Wanda Gilberts Kachur (1997)

Ages 7 to 10. Narrated through the eyes of a classmate, this story tells of Ben, a boy with traumatic brain injury who is included in a general education, third-grade class (49 pages)

My Friend Emily. Suzanne Swanson (1994)

K through 5. Emily has epilepsy and explains to her friend Kay what it means (34 pages)

My Friend Isabelle. Eliza Woloson (2003)

Ages 2 to 6. Isabelle and Charlie are friends. They both like to draw, dance, read, and play at the park. They both like to eat Cheerios. They both cry if their feelings are hurt. And like most friends, they are also different from each other. Isabelle has Down syndrome. Charlie doesn't (26 pages)

My Friend with Autism. Beverly Bishop (2003)

A coloring book to help peers and siblings understand autism and Asperger's Syndrome.

My Mouth is a Volcano. Julia Cook (2005)

Ages 4 and up. Louis always interrupts! But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk.

My Name is Brain Brian. Jeanne Betancourt (1993)

Ages 9 to 14. Although he is helped by his new sixth grade teacher after being diagnosed as dyslexic, Brian still has some problems with school and with people he thought were his friends (28 pages)

My New School: A Workbook to Help Students Transition to a New School. Melissa L. Trautman. (2010)

Helps children understand all of the issues related to moving to a new school while empowering them to learn new skills, make a plan, and carry it out.

My Sister is Different. Betty Ren Wright (1992)

Elementary. Carlo struggles with his positive and negative feelings about his sister who has an intellectual disability (31 pages)

My Sister, Then and Now. Virginia L. Kroll (1992)

Grades 1 to 4. Story of Rachael, 10, has a 20-year-old sister with schizophrenia. (33 pages)

My Social Stories Book. Carol Gray (2002)

Ages 2-6. Taking the form of short narratives, the stories in this book take children step-by-step through basic activities, such as brushing your teeth, taking a bath and getting used to new clothes. Also helps children to understand different experiences such as going to school, shopping and visiting the doctor. (150 pages)

No Fair to Tigers. Eric Hoffman (1999)

Ages 4-8. This story about Mandy, a girl with a disability, and her stuffed tiger shows how they ask for fair treatment and solutions to the problems they encounter. Includes activity and teaching ideas (26 pages)

Not Better...Not Worse...Just Different. Sharon Scott (1992)

Ages 5 to 10. Nicholas and his friends creatively attack the obvious, and not so obvious, problems associated with the word prejudice. It comes in all sorts and differing circumstances. Children once exposed to Nicholas' concern for people will, in later years, bring greater hope and encouragement throughout the world (118 pages)

The Not So Fast Rabbit: A Tale About Being Slow. Carol Kaplan (1990)

Grades K to 3. Rodney Rabbit moves very slowly. His mother says that we will know many special things because of his slowness, but Rodney does not understand. He wants to be fast. One day all the rabbits decide to run in a race. Though he is slow, Rodney is the winner. The race helps Rodney to understand his mother's words and he learns that sometimes being slow can have its advantages (22 pages)

Oliver Onion: The Onion Who Learns to Accept Himself. Diane Murrell (2004)

Ages 4-8. Oliver the Onion doesn't like himself. But when he decides to try on the "look" of a tempting-looking orange, he soon realizes that he cannot run away from who he is but should instead celebrate his uniqueness (27 pages)

On Being Sarah. Elizabeth Helfman (1993)

Grades 5-9. Twelve-year-old Sarah has cerebral palsy, which prevents her from walking and talking as other kids do, but she wants the same things as others her age — good friends, a special boy friend. Communicating with the help of a symbol board on her wheelchair, she shares her view of the world with readers. (173 pages)

One to One: Personal Counseling for Teens (3 audiocassettes) (96 minutes)

Teens. What questions do your teenagers struggle with every day? Do they include the following: How do I say "no" to drinking and drugs? Am I in a healthy or harmful dating relationship? What should I do if a friend is depressed or thinking about suicide? How do I get through times of pain and suffering? What is abuse and what can I do to stop it?

Patrick and Emma Lou. Nan Holcomb (1989)

Ages 4-8. Despite his excitement over walking with a new walker, three-year-old Patrick finds it isn't easy and becomes discouraged until his new friend, six-year-old Emma Lou who has spina bifida, helps him discover something important about himself (29 pages)

Pedro's Whale. Paula Kluth & Patrick Schwarz. (2010)

Story of a young boy with autism whose special interest is incorporated into the curriculum to help him and the other children learn.

Peer Support Strategies: For Improving All Student's Social Lives and Learning. Erik W. Carter, et al (2009)

Teens speak out with other teens and share thoughts on self-management, communication, medication, abilities and success.

People. Peter Spier (1980)

Ages 4-8. Emphasizes the differences among the four billion people on earth.

The Period Book: Everything You Don't Want to Ask (But Need to Know). Karen and Jennifer Gravelle (1996)

Ages 9-12. Book about menstruation and puberty doesn't just give the facts, ma'am: it addresses many private worries that girls may have a hard time talking about and offers truly practical tips that most girls have had to figure out for themselves -- the hard way. (126 pages)

Picky, Picky Pete: A boy and His Sensory Challenges. Michelle Griffin. (2010)
Children's book about a boy with sensory processing disorder.

Pitch Before Power. Jim Russell (2006)
Ages 5 and up. Story includes a Mountain, called Mount Naysayer, and a pilot who is attempting to fly over the mountain, but the altitude required to fly over the mountain is too much for the engines. But there is always a solution to a problem...

Polly's Magic Games: A Child's View of Obsessive-Compulsive Disorder. Constance Foster (1994)
Ages 8 to 12. Polly's Magic Games is a book for children with OCD to share with their family and friends. (20 pages)

Princess Pooh. Kathleen Muldoon. (1989)
Grades K to 4. Jealous of her sister's royal treatment as she sits in her wheelchair, Patty Jean tries out the conveyance and discovers life in a wheelchair is no fun at all (32 pages)

Project Heroes Video and Manual from Churchill School and Center for Learning Disabilities (video) (1985) (29 Interviews with "heroes" who have learning disabilities: men and women of different ages, races and vocations.

Purple Hair, I Don't Care. Dianne Young (1995)
Preschool. Even when the doctor tells her that it might have purple hair, yellow eyes, green skin, and blue wings, Della Ragon is sure she will love her baby.

Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder. Patricia O. Quinn, M.D. and Judith M. Stern (2001)
Ages 8-13. All you need to know about attention deficit disorder, with or without hyperactivity: what is it and what to do about it. This resource for young people, their parents and professional's covers "What's going on in the brain?" "What are you feeling?" "Getting Support" "Getting Organized" "Making Friends" and "Understanding Medication".

Quick, Quack, Quick! Marsha Arnold (1996)
Pre-K to grade 1. "Quick, Quack, quick!" his mama urges, but Quack is still the slowest duckling in the barnyard. Nothing can make him hurry. Then, one day, Cat comes a-hunting, and Quack's less than lickety-split ways help save the day (32 pages)

A Rainbow of Friends. P.K. Hallinan. (2002).
Pre-K. With brilliantly colored marker illustrations demonstrates the timeless lesson of acceptance of others.

Reach for the Moon. Samantha Abeel (1999)
Late elementary and up. Samantha Abeel is has a learning disability and is also gifted. She has a caring English teacher who recognizes her hidden talents intervened, offering Samantha an opportunity to interpret in words the hauntingly beautiful paintings of artist Charles R. Murphy. (32 pages)

Reach For the Stars. (video) (1985) (17 minutes)
Presents awards to selected entertainers, athletes and scholars, etc who have accomplished great things in their fields in spite of learning disabilities. This presentation focuses on Cher, Tom Cruise, Bruce Jenner, G., Chris Anderson, Robert Rauchenberg and Richard Strauss.

Reading Rocks! (video) (26 minutes) (2004)
Ages 7-12. Wacky humor and stories of hope encourage struggling readers to keep trying in this upbeat and hip show.

Rebecca Finds a Way: How Kids Learn, Play and live with Spinal Cord Injuries and Illnesses (1994)
Elementary grades. The story is about a young girl named Rebecca who suffered a spinal cord injury due to a motor vehicle crash. (56 pages)

Recovering From Depression: A Workbook for Teens. Mary Ellen Copeland and Stuart Copans (2002)
Teenagers. Interactive workbook, for teens, explores ways to deal with suicidal thoughts, change negative behaviors, reach out to friends and family, reduce stress, avoid substance abuse, solve problems, recognize triggers of depression, and focus on dreams and goals. (208 pages)

A Regular Kid, That's Me! (video) (45 minutes)

Shows children with Tourette Syndrome ages 7-27 interacting with several teachers in classroom settings.

Respect and Take Care of Things. Cheri Meiners (2004)

Ages 4-8. Encourages children to put things back where they belong and ask permission to use things that don't belong to them. (35 pages)

Rolling Along: The Story of Taylor and His Wheelchair. Jamee Riggio Heelan (2000)

Grades K-3. Explains how having cerebral palsy affects Taylor, and how getting a wheelchair makes a big difference in helping him get around, do things by himself, and even play basketball with his twin Tyler (29 pages)

Rules. Cynthia Lord (2006)

Grade 4-7. Twelve-year-old Catherine has conflicting feelings about her younger brother, David, who has autism. While she loves him, she is also embarrassed by his behavior and feels neglected by their parents. In an effort to keep life on an even keel, Catherine creates rules for him (It's okay to hug Mom but not the clerk at the video store). (200 pages)

Russ and the Almost Perfect Day. Janet Elizabeth Rickert (2001)

Ages 4-8. Russ, a student with Down syndrome, is having a perfect day until he realizes that the five-dollar bill he has found probably belongs to a classmate (25 pages)

Russell Is Extra Special: A Book About Autism for Children. Charles A. Amenta III (1992)

An "awareness" book written by a physician who is the father of Russell.

School Rules. (2005)

Teaches social awareness, peer interaction, language interpretation and the unwritten rules of the upper grades by portraying
Vol 1 - Structured Activities

Classroom, group work, PE class & locker room, personal hygiene, hallway.

Vol 2 - Unstructured Activities

Lockers, time management, social awareness, cafeteria, hanging out with friends.

School Strategies for ADD Teens: Guidelines for Schools, Parents & Students Grades 6-12. Kathleen G. Nadeau, Ellen B. Dixon & Susan H. Biggs (1993)

Grades 6-12. "Road map" to help a teenager with ADD to find a way through the challenges of junior high and high school; gives a clear sense of what kinds of help can make a difference.

School Survival Guide for Kids with LD: How to Make Learning Easier and More Fun. Rhoda Cummings and Gary Fisher (1991)

Ages 8 and up. Discusses how children with "learning differences" can get along better in school (176 pages)

Seeing Things My Way. Alden Carter (1998)

Ages 4 to 8. A second-grader describes how she and other students learn to use a variety of equipment and methods to cope with their visual impairments (29 pages)

Self Advocacy Skills for Students with Learning Disabilities: Making it Happen in College and Beyond. Henry B. Reiff (2007)

Teenagers and Parents. Filled with strategies, and resources to promote self-advocacy.

Sensory Smarts: A Book for Kids with ADHD or Autism Spectrum Disorders Struggling with Sensory Integration Problems. Kathleen A. Chara, Paul J Chara, Christian P. Chara (2004)

We wrote "Sensory Smarts" to help people dealing with a broad range of Sensory Integration Problems.

Share and Take Turns. Cheri Meiners (2003)

Ages 4-8. Explains what sharing means and provides examples of different ways that two people can share what they both

Shelley, The Hyperactive Turtle. Deborah M. Moss (1989)

Ages 3-8. Story of a bright young turtle who is not like all other turtles — he moves like a rocket and is unable to sit still even for the shortest periods of time. Because he and other turtles are unable to understand why he is so wiggly, he begins to feel naughty and out of place. After a visit to a doctor, he learns what “hyperactive” means and with love, support and understanding, he fits right in. (19 pages)

A Show of Hands: Say It In Sign Language. Mary Beth Sullivan (1980)

Ages 8-12. Introduction to sign language with more than 150 signs presented with funny, eye-catching pictures.

The Sibling Slam Book: What It’s Really Like to Have a Brother or Sister with Special Needs. Don Meyer (2005)

A book about what came out of a gathering of a group of 80 teenagers, from all over the United States and abroad, to talk about what it’s like to have a brother or sister with special needs. (152 pages)

Signing At School. (1992)

Grades K – up. Easy to follow illustrations and activities make this book ideal for the beginning signer. (24 pages)

Signing Time! (videos)

Play, sing and sign along with Signing Time while learning American Sign Language. Ages 0-8 (DVD) (30 min each)

Vol 1- My First Signs

Vol 2 - Playtime Signs

Vol 3 - Everyday Signs

Vol 4 - Family, Feelings & Fun

Vol 5 - ABC Signs

Vol 6 - My Favorite Things

Vol 7 - Leah's Farm

Vol 8 - The Great Outdoors

Vol 9 - The Zoo Train

Vol 10 - My Day

Vol 11 - My Neighborhood

Vol 12 - Time to Eat

Vol 13 - Welcome to School

Signing Time! Series 2 (videos)

Play, sing and sign along with Signing Time while learning American Sign Language. Ages 1-8 (DVD) (30 min each)

Vol 1 - Nice to Meet You

Vol 2 - Happy Birthday to You

Vol 3 - Move and Groove

Vol 4 - My Favorite Season

Vol 5 - Going Outside

Vol 6 - Days of the Week

Vol 7 - My Favorite Sport

Vol 8 - My House

Vol 9 - My Things

Vol 10 - Helping Out Around the House

Vol 11 - Once Upon a Time

Vol 12 - Box of Crayons

Vol 13 - Who Has the Frog

Signing Time! Songs (cd)

Songs from volumes 1-3.

Signs for Me: Basic Sign Vocabulary for Children, Parents and Teachers. Ben Bahan and Joe Dannis (1990)

Presents the American Sign Language hand shapes for nouns, verbs, adjectives, pronouns, numbers, and letters (117 pages)

Sit Still! Nancy Carlson (1996)

Ages 3-8. Speaks to squirmy kids everywhere in an inspirational way. (30 pages)

Slam Dunk: A Young Boy's Struggle with Attention Deficit Disorder. Roberta N. Parker

Ages 8-12. About a 5th grade inner city boy with a love of basketball and a problem paying attention. He is diagnosed with ADD, which has affected his home and school life. Use of classroom accommodations are discussed and behavioral and medical interventions are described so that children can understand them. (55 pages)

Small Differences (video) (1995)

Grades 4-12. Enlightens people of all ages about disabilities. Kids in the video, some with disabilities themselves, ask people with disabilities questions adults are too embarrassed to ask.

So That's How I Was Born! Dr. Robert Brooks (2003)

Pre-K. When Joey's friend Lisa tells him how babies are born, he asks his mother and father to tell him how he was really born (35 pages)

Socially Curious and Curiously Social. Michelle Garcia Winner & Pamela Crooke. (2009)

This anime-illustrated guidebook is written for teens and young adults to learn how the social mind is expected to work in order to effectively relate to others at school, at work, in the community and even at home.

Some Kids Just Can't Sit Still! Sam Goldstein (2009)

Ages 7-9. Explains why children with attention deficit/hyperactivity disorder (ADHD) react differently to simple situations in their daily lives. (32 pages)

Somebody Called Me a Retard Today & My Heart Felt Sad. Ellen O'Shaughnessy (1992).

Young readers. A moving story about what it feels like to be teased empowers children with intellectual disabilities and sensitizes everyone to the need to celebrate people's differences. (16 pages)

Someone Special, Just Like You. Tricia Brown (1982)

Pre-school-K. Photo essay of children with special needs playing and learning. (63 pages)

Something to Crow About. Megan Halsey Lane (1990)

Young readers. Two chicks that look just the same find out how different they are when one begins to lay eggs and the other starts to crow (19 pages)

Sometimes I Feel Like I Don't Have Any Friends (But Not So Much Anymore): A Self-Esteem Book To Help Children Improve Their Social Skills. Tracy Zimmerman and Lawrence Shapiro (1996)

Grades K - up. With the help of his parents and friends, Mark learns the importance of good listening, good manners and cooperation (47 pages)

Sometimes I Like to Fight, But I Don't Do It Much Anymore: A Self-Esteem Book for Children with Difficulty Controlling Their Anger. Lawrence Shapiro, PhD (1995)

Ages 4 to 10. Tells the story of Douglas, whose aggressive play and rough-housing turns into a more serious problem in controlling his anger. (64 pages)

Sometimes I Worry Too Much, But Know I Know How to Stop. Dawn Huebner, PhD (2003)

Ages 5 to 10. This is the story of Anna, a child whose worries get the best of her. As her worries grow, Anna wants to stick close to home. She develops stomachaches, asks endless questions of her parents, and no longer wants to play with friends. Anna is frustrated when adults tell her to just stop worrying, a task that seems impossible to her. Anna meets a psychologist who teaches her cognitive-behavioral techniques to use when worries arise. These techniques are presented in enough detail to allow children reading the book to learn, as Anna learns, how to control worries. (59 pages)

Songs in Sign. (1995)

Presents 6 kids song in Signed English.

Special People, Special Ways. Arlene Maguire (2000)

Kindergarten-Grade 2. Shares the message that even though being different is painful at times, it can also be glorious.

SPIN Abilities: A Young Person's Guide to Spina Bifida (1997)

Teenagers. Offers practical, no-nonsense advice on managing your daily and long-term healthcare, tips on sex and relationships, and smart strategies for success at school and on the job, now and down the road for a person with Spina Bifida. (138 pages)

Staying Back: Another Year in the Same Grade. Janice Hale Hobby (1990)

Grades 1 to 6. Presents true stories of seven elementary school children who shared the difficult experience of repeating a grade and were helped to become successful students with a constructive approach to their problem (93 pages)

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem (1999)

Grades 3 to 7. A self-help guide to positive thinking, high self-esteem, and responsible personal power. (116 pages)

Stop It, I Can't. (video) (13 minutes)

Awareness documentary for elementary ages written to create sensitivity and reduce ridicule for children with TS.

Stress Can Really Get On Your Nerves! Trevor Romain and Elizabeth Verdick (2000)

Ages 8 to 13. Uses silly jokes and light-hearted cartoons along with serious advice to help readers recognize the causes of stress and its effects and learn how to handle worry, anxiety, and stress (96 pages)

Stretching Ourselves: Kids with Cerebral Palsy. Alden Carter (2000)

Ages 4-8. Story of three children with cerebral palsy. Emily, Tanner, and Nic.

Stuck in Neutral. Terry Trueman (2000)

Story about a character named Shawn McDaniel, who has cerebral palsy.

Super Silly Sayings that are Over Your Head: A Children's Illustrated Book of Idioms. Catherine Snodgrass (2004)

Grades 1-4. tool for visual learners that depicts both the literal and actual meanings of commonly used idioms in an ingenious manner that is sure to capture the attention and interest of children and adults alike. (28 pages)

The Survival Guide for Kids with ADD or ADHD. John F. Taylor (2006)

Ages 9 to 12. In kid-friendly language and a format that welcomes reluctant and easily distracted readers helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. (110 pages)

Survival Guide for Kids with LD* (Learning Differences). Rhonda Cummings and Gary Fisher (2002)

Grade 5 Up-- A book intended for use by young people with Learning Disabilities. (96 pages)

Survival Guide for Teenagers with LD* (Learning Differences). Rhonda Cummings and Gary Fisher (1993)

Ages 13 and up. Guide helps young people with learning differences succeed in school and prepare for life as adults. (200 pages)

Take a Deep Breath: A Kids Play-Away Stress Book. Laura Slap-Shelton, PsyD and Lawrence Shapiro, PhD (1992)

Ages 4 to 10. Teaches children how to deal with stress with fun activities, funny illustrations and checklists (83 pages)

Taking A.D.D. to School: A School Story About Attention Deficit Disorder And/or Attention Deficit Hyperactivity Disorder. Ellen Weiner (1999)

Ages 9-12. Ben is having trouble in school. It's hard to concentrate and his teachers always tell him to pay attention. A trip to the doctor reveals that Ben has Attention Deficit Disorder. Written for children from Ben's perspective, this book is well suited for reading aloud in the classroom. (24 pages)

Taking Asthma to School. Kim Gosselin (1995)

Grades 1-5. This book allows classmates to view children with asthma as normal kids who just happen to have asthma, through no fault of their own. (18 pages)

Taking Autism to School. Andreanna Edwards (2001).

Ages 5-10. This is a fictional story about a girl named Angel and her friendship with Sam, a classmate who has autism spectrum disorder (ASD).

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism. Mary Wrobel (2003)

Through a combination of Social Stories and easy to understand activities, this unique book offer a curriculum that guides the child and caregiver on issues of health, hygiene and the challenges of puberty.

Taking Cerebral Palsy to School. Mary Anderson (2000)

Grades 1-5. This book allows classmates to get a better understanding of cerebral palsy through the narrative of a young boy (23 pages)

Taking Charge: Teenagers Talk About Life and Physical Disabilities (1992)

Discusses such topics as independence, self-esteem, relationships, and sexuality from the perspective of teenagers with various physical disabilities (164 pages)

Taking Cystic Fibrosis to School. Cynthia Henry and Kim Gosslein (2000)

Grades 1-5. Jessie explains to her classmates that even though she has cystic fibrosis, she can still attend school. (24 pages)

Taking Depression to School. Kathy Khalsa (2002)

Ages 5 to 10. Emily lives with childhood depression. With therapy and medication, she learns how to manage her sometimes overwhelming feelings. (22 pages)

Taking Down Syndrome to School. Jenna Glatzer (2002)

Grades 1-5. Nick has Down Syndrome and his story helps readers understand what Down Syndrome is and how it affects him. (22 pages)

Taking Dyslexia to School. Laura Moynihan (2002)

Ages 5 to 10. A young boy with dyslexia has trouble with his school work and shares with the reader how difficult school has been for him. With help from his teachers and parents, he learns new techniques for school success (18 pages)

Taking Food Allergies to School. Ellen Weiner (1999)

Grades 1-5. Jeffery and his mom deal with food allergies at school. Topics include sharing lunches, special parties, and events and appropriate snacks (20 pages)

Taking Hearing Impairment to School. Ellen Weiner (2004)

Ages 5-10. Jacob's life is filled with friends, school, family, sports, and pets - and he has a profound hearing loss. Through his story, readers learn about sign language, interpreters, hearing aids, and speech therapy for kids with hearing impairments.

Taking Seizure Disorders to School: A Story About Epilepsy. Kim Gosselin (1996)

Grades 1-5. This story dispels the myths and fears surrounding epilepsy in a positive, upbeat, and entertaining style while explaining seizures. (23 pages)

Taking Speech Disorders to School. John Bryant (2004)

Grades 1-5. Most kids know someone with a speech disorder. Michael's story helps them understand the cause and effects of his disorder and how speech therapy helps him communicate more clearly (22 pages)

Taking Tourette Syndrome to School. Tia Krueger (2001)

Ages 5 to 10. Megan has Tourette syndrome. Her story will help other children understand that her tics are not something she can control, but rather, a part of her life (22 pages)

Taking Visual Impairments to School. Rita Steingold (2004)

Grades 1-5. Lisa's story helps kids understand how children with visual impairments, including blindness, adapt and manage their surroundings.

Taking Weight Problems to School. Michelle Dean (2005)

Ages 5-10. This book follows the journey of Tina, a likeable young girl with a weight problem. (30 pages)

Talking Hands (video) (40 minutes (2000)

31 hand gestures are taught throughout this sign language video.

Tear Soup: A Recipe for Healing After Loss. Pat Schweibert and Chuck DeKlyen (2003)

Ages 4-8. A family story book that centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of *Tear Soup*. There she chooses the size pot that is right for her loss, and she puts on her apron because she knows it's going to be messy. (45 pages)

The Teenager's Guide to School Outside the Box. Rebecca Greene (2000)

Grades 8 to 12. Greene encourages readers to think about what they are interested in and choose an opportunity to learn about it outside the classroom. (260 pages)

Teeth Are Not For Biting. Elizabeth Verdick (2003)

Preschool. Teeth can help you chew. But teeth are not for biting. Ouch! Biting hurts." Sooner or later, almost all young children will bite someone a friend, a parent, a sibling. (21 pages)

Test Success: Test – Taking and Study Strategies for All Students, Including Those with ADD and LD. Blythe Grossberg (2009)

Provides multiple strategies for each type of test students must take so that the readers can choose those that they think will be most effective and best suited to their individual learning styles.

Thank You, Mr. Falker. Patricia Polacco (1998)

Ages 4 to 8. Little Trisha is overjoyed at the thought of starting school and learning how to read. But when she looks at a book, all the letters and numbers just get jumbled up. Her classmates make matters worse by calling her dummy. Only Mr. Falker, a stylish, fun-loving new teacher, recognizes Trisha's incredible artistic ability--and her problem, and takes the time to lead her finally and happily to the magic of reading (35 pages)

This Is Asperger Syndrome. Elisa Gagnon and Brenda Smith Myles.

Ages 6-12. Through brief vignettes such as this, accompanied by black and white cartoon-like drawings, introduces siblings, peers and other children to the everyday challenges faced by children with Asperger Syndrome at home or at school. (20 pages)

This Is Gabriel Making Sense of School: A Book About Sensory Processing Disorder. Hartley Steiner (2010)

This picture book gives teachers, parents and students a better understanding of all the seven senses, how they are each affected at school and what kinds of accommodations are necessary to help children with SPD become learning sensations.

Thumbs Up, Rico! Marie Testa (1994)

Ages 4 to 8. In three separate stories, a boy with Down syndrome makes a new friend, helps his sister with a difficult decision, and finally draws a picture he likes (37 pages)

Tobin Learns to Make New Friends. Diane Murrell (2001)

Preschool. A great tool for learning one of the most basic social skills, this colorful picture book is quite effective in teaching social skills to children with autism, Asperger's Syndrome, and other pervasive developmental disorders. Readers follow Tobin, a train, as he learns to make friends and engage in proper social activities Preschool. (31 pages)

Too Safe for Strangers: Children's Safety Book. Robert Kahn (2001)

Elementary. This children's safety booklet will educate children and make their lives safer while entertaining them (24

Too Smart for Bullies. Robert Kahn and Sharon Chandler (2001)

This children's safety booklet will educate children and make their lives safer while entertaining them with art and clever wording.

The Touching Tree: The Story of a Child with OCD (video) (40 minutes) (1993)

A story about a child with OCD.

Trainman- Gaining Acceptance and Friends through special interests. Stefan & Barbara Kavan. (2011)

Provides readers with a glimpse inside the mind of a young boy with ASD as he tells his story of special interests, explaining autism to his class, and making friends.

Trevor, Trevor. Diane Twachtman-Cullen, PhD (2003)

Ages 7-13. Offers a metaphorical story that relates how Trevor is misunderstood and then accepted by his classmates.

Trick or Treat or Trouble. Barbara Aiello (1989)

Ages 8 to 12. Fifth-grader Brian, who has epilepsy, finds that his misconceptions about a funeral home are cleared up on Halloween night. (56 pages)

Trouble with School: A Family Story About Learning Disabilities. Kathryn Dunn (1993)

Ages 8-12. One family's real-life experiences with learning disabilities. The story is told in dual narration with Allison and her mother each telling the story from their perspectives (28 pages)

Trout and Me. Susan Shreve (2004)

Grades 4 to 7. Story of friends, both with ADHD. (136 pages)

True or False? Tests Stink! Trevor Romain and Elizabeth Verdick (1999)

Ages 8 to 13. Tests are hard. Tests are scary. In fact, tests stink! But no matter how kids (and parents, and teachers) feel about tests, they're part of life. (80 pages)

Try and Stick With. Cheri Meiners (2004)

Ages 4-8. Introduces children to flexibility, stick-to-it-iveness (perseverance), and the benefits of trying something new (35 pages)

Turbo Max: A Story for Siblings of Children with Bipolar Disorder. Tracy Anglada (2002)

Ages 8-12. Written for siblings of children with bipolar disorder. A boy's summer diary describes his journey from confusion to understanding, from embarrassment to advocacy, from anger and guilt to acceptance of his sister's illness

Understand and Care. Cheri Meiners (2003)

Ages 4-8. Helps children to understand that other people have feelings like theirs and different from theirs. It guides children to show they care by listening to others and respecting their feelings. (35 pages)

Understanding Mental Illness: For Teens Who Care About Someone with Mental Illness. Julie Tallard Johnson

Grades 5 and up. Examines the different mental illnesses and offers assistance for family members. (71 pages)

Unforgettable Pen Pal: A Story About Prejudice and Discrimination (video) (1987)

When A.J. and his pen pal Joey discover their mutual interest in basketball, they become best of friends. But the chance to finally meet one another at a professional game leads them to encounter prejudice where they least expect it. This video will help kids realize the negative effects of prejudice and the importance of forming their opinions about others intelligently.

The Very Angry Day That Amy Didn't Have. Lawrence Shapiro, PhD (1994)

Grades Pre-K -5. Margaret and Amy are two girls in the same class who are coincidentally both having a very difficult day. While Amy finds ways to solve the various problems she encounters, Margaret always makes things worse by her reactions. (30 pages)

Very Special Critter. Mercer Mayer (1993)

Ages 4-8. The new student in Little Critter's class uses a wheelchair, and he is worried. Will his classmate be very different? Will the class know how to act around him? It's an honest, realistic look at ways kids deal successfully with the unknown. (23 pages)

Views from Our Shoes: Growing Up With a Brother or Sister With Special Needs. Don Meyer (1997)

Ages 9-12. Siblings ranging from 4-18, share their experiences as the brother or sister of someone with a disability-the good and bad aspects, as well as many thoughtful observations (113 pages)

A Volcano In My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers. Elaine Whitehouse and Warwick Pudney (1996)

Ages 6-13. Presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. (79 pages)

A Walk in the Rain with a Brain. Edward Hallowell, MD (2004)

Ages 4-8. Lucy meets a brain that helps her realize that everyone is smart in different ways. (30 pages)

The Way to A: Empowering Children with Autism Spectrum and Other Neurological Disorders to Monitor and Replace Aggression and Tantrum Behavior. Hunter Manasco (2006)

Ages 3-9. Presents a systematic strategy that clarifies and sequentially teaches the child how to manage his behavior by engaging in forethought and self-analysis before acting out.

We Can Do It! Laura Dwight (1992)

Grades K to 2. Depicts children with spina bifida, Down syndrome, cerebral palsy, or blindness with the help of family and friends (30 pages)

We'll Paint the Octopus Red. Stephanie Stuve-Bodeen (1998)

Pre-K-2nd grade. Emma and her father discuss what they will do when the new baby arrives, but they adjust their expectations when he is born with Down Syndrome. (25 pages)

We're Different, We're the Same. Bobbi Kates (1992)

Pre-K to grade 1. Characters from Sesame Street teach young children about racial harmony. (32 pages)

We're Not Stupid: Living With a Learning Difference. (video) (14 minutes) (1998)

Captures the personal stories of young people from all walks of life who discuss what it's like to live with attention deficit disorder and dyslexia.

What About Me: When Brothers and Sisters Get Sick. Allan Peterkin (1992)

Ages 4 to 8. Laura experiences conflicting emotions when her brother becomes seriously ill. Includes suggestions for parents to help their well children cope with a chronically ill sibling (29 pages)

What Do You Mean I Have Attention Deficit Disorder? Kathleen M. Dwyer (1996)

Grades K-8. Sensitive book successfully shows the scope of ADD and explains many of the behavioral and educational problems and strategies. (40 pages)

What Do You Mean I Have a Learning Disability? (1991)
 Grades 1-4. About a 10-year-old with a learning disability (36 pages)

What Do You Stand For? A Kid's Guide to Building Character. Barbara Lewis (1997)

Ages 9-12. This book invites teens to explore and practice honesty, kindness, empathy, integrity, tolerance, patience, respect, and more. (276 pages)

What Do You Think? A Kids Guide to Dealing with Daily Dilemmas. Linda Schwartz (1993)

K-5. Encourages kids (and the adults who care about them) to look at issues from more than one perspective and to clarify their thinking about choosing hairstyles, abusing drugs, sparing feelings, and much more. (184 pages)

What Does Happy Look Like? Joseph & Silvana Karim. (2010)

Associates emotions with real-life situations and corresponding colors to make them easier for children to understand and express.

What Is a Feeling? David Krueger, MD (1993)

Pre K to grade 3. Uses familiar situations to help children put words to their wide range of feelings whether they be guilt, or pride, or excitement (27 pages)

What On Earth Do You Do When Someone Dies? Trevor Romain (1999)

Ages 9-12. Describes the overwhelming emotions involved in dealing with the death of a loved one and discusses how to cope with such a situation (71 pages)

What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism. Thomas S. Greenspon, PhD

A Guide for Kids to learn how to overcome Perfectionism by using ideas in the book.

What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep. Dawn Huebner. (2008)

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep.

What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity. Dawn Huebner. (2007)

Guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking.

What to Do When You Worry Too Much. Dawn Huebner, Ph.D. (2006)

A Kid's Guide to Overcoming Anxiety. Uses cognitive-behavioral techniques to treat anxiety.

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger. Dawn Huebner. (2008)

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger.

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD. Dawn Huebner (2007)

2nd-5th. Guides children and parents through the cognitive behavioral techniques used to treat OCD. (95 pages)

What Would You Do? A Kid's Guide to Sticky and Tricky Situations. Linda Schwartz (1990)

Ages 9-12. Helps kids and their parents discuss and decide in advance how they would handle sticky and tricky situations. (184 pages)

Watch Me Learn. (video series)

Uses video modeling to help children learn social skills, functional skills and language skills. (DVD)

Vol 1 - A New Beginning

Blocks, games, object identification, greetings

Vol 2 - Let's Play!

Hide & seek, tag, drawing, simon says, washing hands, story time, singing, parade

Vol 3 - School Days

Circle time, gym, art, math, recess, bus time, lunch, packing

Vol 4 - Friends

Mother may I, catch, baking, snack time, charades, basketball, painting

Vol 5 - Riding, Hiding, Food and Fun!

Why questions, sounds around us, bike riding, eating different foods, hiding toys, what goes together

What's the Big Secret? Talking About Sex with Girls and Boy. Laura Krasny Brown (2000)

Ages 4-8. Present answers to tough questions. An introduction to sex along with the ways girls and boys differ...and are the same.

What's Going On Down There? Answers to Questions Books Find Hard To Ask. Karen Gravelle, et al. (1998)

Grades 5-10. Facts about puberty, sex, and sexually transmitted diseases, and also what happens to girls during puberty are presented clearly and completely, along with answers to an assortment of related questions.

What's a Virus Anyway? The Kids Book About AIDS. David Fassler and Kelly McQueen (1990)

Ages 4-8. An introduction to the health crisis of AIDS. (67 pages)

What's Wrong With Timmy? Maria Shriver (2001)

Ages 4-8. Making friends with a boy with intellectual disabilities helps Kate learn that the two of them have a lot in common (40 pages)

When Emily Woke Up Angry (1989)

Ages 4 to 8. When Emily wakes up angry one morning, she figures out a way to feel better (31 pages)

When I Feel Afraid. Cheri Meiners (2003)

Ages 4-8. Children today have many fears, both real and imagined. Encouraging words and supportive illustrations guide children to face their fears and know where to turn for help. Little ones also learn simple ways to help themselves (35 pages)

When I Grow Up. Candri Hodges (1995)

K-5. Jimmy, who is hearing impaired, attends career day where he meets adults with hearing impairment and who have varied and interesting careers. (32 pages)

When I Grow Up, I Am Going to Work (2002)

For children with disabilities and their families and everyone who knows him to make sure to have high expectations and a vision for the future for him. (44 pages)

When I'm Afraid. Dr. Barbara Gardiner (1998)

Pre-K to K. Explains fear as a normal part of life and discusses how to deal with it (32 pages)

When My Worries Get Too Big! A Relaxation Book for Children with Autism Spectrum Disorders. Kari Dunn Buron (2004)

Ages 4-8. Gives young children an opportunity to explore with parents or teachers their own feelings as they react to events in their daily lives while learning some useful relaxation techniques. (34 pages)

When Nothing Matters Anymore: A Survival Guide for Depressed Teens. Bev Cobain (1998)

Teenagers. Describes the causes and types of depression and the connections between depression, suicide, and drug and alcohol abuse. (176 pages)

When Sophie Gets Angry, Really Really Angry. Molly Bang (1999)

Ages 4-8. A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure (34 pages)

Where Did I come From? The Facts of Life without any Nonsense and with Illustrations. Peter Mayle (1977)

Ages 4-8. Helps parents explain the facts of life to their children. (48 pages)

Who Took My Shoe. Karen Emigh (2003)

Ages 4-8. Who Took My Shoe helps children understand the "who," "what," "where," and "when" questions often difficult for children with special needs to understand. (19 pages)

Whoever You Are. Mem Fox.

Ages 3+. Every day all over the world, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same. They may not speak the same language. And their lives may be quite different.

Whole Body Listening Larry at Home. Kristen Wilson & Elizabeth Sautter. (2011)

Teaches children how to listen with their whole body and why it is important to do so.

Why Am I Different? Norm Simon (1993)

Ages 4 to 8. This book portrays everyday situations in which children see themselves as 'different' in family life, preferences, and aptitudes, and yet, feel that being different is all right (31 pages)

Why Are You Calling Me LD? Holly Parzych (1995)

Designed for use with students who have learning disabilities to explain what a learning disability is and to improve self-concept.

Why Do I Have To? A Book for Children Who Find Themselves Frustrated by Everyday Rules. Laurie Leventhal-Belfer (2008)

Looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school.

Why Do They Do That: Answers to Questions You Might Have About People with Autism and Asperger Syndrome...and Tips You Can Use to Help Them! Laurel A Falvo. (video) (2010)

Provides basic information on a level easily understood by school aged children, as well as adolescents and adults. (DVD) (20 minutes)

Why Does Izzy Cover Her Ears? Dealing with Sensory Overload. Jennifer Veenendall (2009)

Offers helpful insights about sensory modulation disorders to students, parents, and educators. (39 pages)

Why Does That Man Have Such a Big Nose? Mary Beth Quinsey. (1986).

PreK – Age 6. Famous book about differences among people and the questions children ask about them.

Why is Everybody Always Picking on Me? A Guide to Handling Bullies. Terrence Webster-Doyle (1999)

Ages 9-12. This is a workbook for bullies and victims ages eight to fourteen. With sample dialogue and exercises, it teaches children to respect themselves and introduces them to a variety of threatening situations and how to resolve them nonviolently. (144 pages)

Why Is It Always Me? Polly Behrmann (1991)

Book developed for teenagers and young adults to help them cope with a wide variety of social situations common to their age group.

Why Me? Julie Parker (2007)

Pre-K- K. Growing up with a physical disability. (29 pages)

Wicker's Wishes: A Tale about Self-Acceptance. Carol B. Kaplan (1990)

Pre-K – 2nd Grade. Wicker doesn't like his ears. He tells his friends of his desire to have ears like theirs. With some thinking and his friends' encouragement, Wicker decides he likes himself just as he is. (22 pages)

Will I Ever Be Older? (1991)

Ages 6 to 11. A younger brother comes to recognize that though he often resents his older brother, his brother has sibling difficulties too (31 pages)

With the Wind. Liz Damrell (1991)

Pre-K - 3. Written as a poem, a young boy with a physical disability reflects on his sense of freedom while horseback riding (27 pages)

Words Are Not For Hurting. Elizabeth Verdick (2004)

Ages 4-7. This book teaches children to think before they speak, then choose what to say and how to say it. They learn that there is a connection between hurtful words and feelings of anger, sadness, and regret. (32 pages)

Yes, I Can! Challenging Cerebral Palsy. Doris Sanford (1992)

Grades 1 to 4. "I'm Stacy and I have cerebral palsy. I don't talk or look like you – but I am like you. I like to laugh and dance and stay up late at night with my friends. It hurts me when people treat me differently because they don't understand – but do you know what? I don't let other people keep me from having dreams" (32 pages)

Yes You Can! A Booklet to Help Young People with Learning Disabilities Understand and Help Themselves (1993)

Intended for students with learning problems, this booklet is designed to help the student deal with his/her learning disability. (33 pages)

You Are a Social Detective: Explaining Social Thinking to Kids. Michelle Garcia Winner & Pamela Crooke. (2008)
Comic book that introduces the social thinking curriculum. Works through expected vs unexpected behavior and other social concepts.

You Can't Sell Your Brother at the Garage Sale: The Kids Book of Values. Beth Brainard (1992)

Ages 6 to 10. Practical guide that teaches children universal values in a witty manner (28 pages)

Zipper, The Kid with ADHD. Caroline Janover (1997)

Ages 8 to 13, novel encourages kids to find ways to manage their behavior and give their friends a look at what it's like to have the disorder. (164 pages)