

**Resource List for Cognitive Disabilities**  
 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

**Academic Instruction for Students with Moderate and Severe Intellectual Disabilities in Inclusive Classrooms.** June E Downing (2010)

Offers approaches, information, and ideas for teachers of students with moderate to severe disabilities in general education classrooms.

**Adolescents with Down Syndrome: Toward a More Fulfilling Life.** Siegfried M. Pueschel (1997)

Covers biomedical concerns; behavioral, psychological and psychiatric challenges; education, employment, recreation, community and legal concerns.

**All Women Have Periods.** (video) (11 minutes) (1979)

How girls with cognitive disabilities should handle their first menstrual period.

**Angelman Syndrome A to Z...the Second Edition: Everything You Ever Wanted to Know About Angelman Syndrome... and Then Some!** Julie Hyman and Alice Evans (2000)

**Babies with Down Syndrome: A New Parents Guide.** Karen Stray-Gundersen. 2<sup>nd</sup> Edition (1995)

A complete guide for parents written by parents and professionals that covers everything new parents need to know about rearing their children in a loving environment.

**Bittersweet Waltz.** Linda Safan (video) (17 minutes) (1995)

Documentary of a 5th grader who has Down syndrome and is successfully included into a 5th grade classroom in Southern California.

**The Broken Cord: A Family's Ongoing Struggle with Fetal Alcohol Syndrome.** Michael Dorris (1989)

Tells the story of the author's adoptive son, who was born with Fetal Alcohol Syndrome.

**Building Bridges: Inclusive Post-Secondary Education for People with Intellectual Disabilities.** (1996)

Study of educational programming and practices that enable adults with disabilities to participate and learn in regular classes in the environment of a community college, vocational training college or university, systems of supports for instructors and students and the means of overcoming key obstacles are also presented.

**Classroom Language Skills for Children with Down Syndrome: A Guide for Parents and Teachers.** Libby Kumin

Emphasizes the crucial role teachers and speech-language pathologist's play. It explains how to make adaptations to curriculum, verbal instruction, classroom routines, and written assignments.

**Communication Skills in Children with Down Syndrome: A Guide for Parents.** Libby Kumin (1994)

Guide to speech, language and communication skills takes an in-depth look at an important developmental area. Parents learn what to expect as skills progress from infancy through the elementary years.

**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)

**Diagnosis & Treatment: Fragile X Syndrome from 48 Hours** (video)

**Dictionary of Developmental Disabilities Terminology (1996)**

Illustrated dictionary provides definitions of thousands of disorders, assessment tools, theories, anatomical terms, medications, interventions, diagnoses, professional organizations, and more

**Differences In Common: Straight Talk on Mental Retardation, Down Syndrome and Life. Marilyn Tanner (1991)**

Collection of almost 50 short essays speaks to every parent of a child who is "different."

**Down Syndrome: Living and Learning in the Community. (1995)**

Guide to Down syndrome—for parents and health care officials alike.

**The Down Syndrome Nutrition Handbook. Joan E. Guthrie Medlen (2002)**

Looks at all aspects of nutrition and healthy living for children with Down syndrome, from birth through young adulthood.

**Down Syndrome: A Parental Perspective. (video) (20 minutes) (1988)**

Presents a candid and positive portrayal of how a group of parents with children with Down syndrome have managed to maintain a focus on quality-of-life needs.

**The Down Syndrome Transition Handbook: Charting Your Child's Course to Adulthood. Jo Ann Simons. (2010)**

Helps parents wit the enormous and often overwhelming task of preparing a child with Down Syndrome or other intellectual disability for adulthood.

**Down Syndrome: Visions for the 21<sup>st</sup> Century. William Cohen, et al (2002)**

Providing a comprehensive survey of the clinical, educational, developmental, psychosocial, and transitional issues relevant to people with Down syndrome, this book addresses the needs of family members, caregivers, and professionals alike.

**Educating Children with Multiple Disabilities A Trans-disciplinary Approach. (1996)**

Educators and service providers will find a clear, practical explanation of how they can integrate their specialized skills to improve education for learners with severe cognitive and physical disabilities.

**Educational Issues & Strategies for Children with Fragile X (video) (60 minutes) (1994)**

The video, which includes molecular information and medication therapies, follows one child through a multidisciplinary evaluation. It then follows three children, in kindergarten, fifth grade and secondary school, through a typical day.

**Effective Literacy Instruction for Students with Moderate or Severe Disabilities. Susan Copeland, PhD (2007)**

Guidebook for helping students with disabilities meet NCLB's academic standards for literacy.

**The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities. Leslie Walker-Hirsch**

Comprehensive information they need to educate people with disabilities about sexuality and help them make the best possible choices across the lifespan.

**Families and Fragile X Syndrome. (2003)**

A Family Album put out by the National Institute of Child Health and Human Development about Fragile X syndrome.

**Fine Motor Skills in Children with Down Syndrome. Maryanne Bruni (1998)**

This guide illustrates more than 100 activities for parents and professionals to practice with children from birth through age

**For Parents and Professionals: Down Syndrome. Catherine Chamberlain and Robin Strode (2000)**

Resource gives you valuable information, helpful tips, and great activities to share with parents, teachers, and other

**Graduating Peter. (video) (2001)**

"Graduating Peter" is a feature-length documentary film and the sequel to the 1992 Academy Award® winning "Educating Peter." "Graduating Peter" shows the journey of a student with disabilities and his family through middle school and high school. The film culminates at the important point in Peter's life when he will be leaving the support of the school system for the often difficult worlds or adult life and adult disability services.

**Gross Motor Skills in Children with Down Syndrome. Patricia Winders (1997)**

Children with Down syndrome master basic gross motor skills-everything from rolling over to running just as their peers do, but may need additional help. This guide illustrates more than 100 activities for parents and professionals to practice with children from birth through age six.

I to I: Self Concept and People with Developmental Disabilities. Dave Hingsburger (1990)

**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)

**Medical & Surgical Care for Children with Down Syndrome: A Guide for Parents D.C. Van Dyke (1995)**

Provides information on a wide range of medical conditions including heart disease, thyroid problems, gastrointestinal problems, orthopedic conditions, facial and dental concerns, recurrent infections and more.

**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 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

**Quality Assurance for Individuals with Developmental Disabilities – It's Everybody's Business. Valerie J. Bradley & Hank A. Bersani (1990)**

A framework for understanding quality assurance within the context of a decentralized, integrated service system.

**Reaching Out to Children with FAS/FAE: A Handbook for Teachers, Counselors, and Parents Who Work with Children Affected by Fetal Alcohol Syndrome and Fetal Alcohol Effects. Diane Davis (1994)**

Full of practical, do-able suggestions and gives nice overview of issues involved with Fetal Alcohol Spectrum Disorder.

Reflections of Erin: The Importance of Belonging, Relationships and Learning with Each Other. Barbara McKenzie Conveyed in the form of keen observations, heartfelt surprises, and insightful reflections, the stories and images inspired by Erin McKenzie's life demonstrate the rich connections and relationships that result from an inclusive learning community.

**Retarded Isn't Stupid, Mom! Sandra Z. Kaufman (1998)**

Bares the triumphs and sorrows of one young woman and her family and how they cope with the challenges and frustrations of everyday life.

**The School Years: From the F.A.S. Series. (video) (20 minutes) (1997)**

This series explains the cause of Fetal Alcohol Syndrome (F.A.S.) and Fetal Alcohol Effects (F.A.E.), how to care for the child with F.A.S/F.A.E. and how to better meet the needs of children with F.A.S. or F.A.E.

**Sexuality and People With Intellectual Disabilities. Lydia Fegan and Anne Rauch (1993)**

Equips parents and caregivers with candid, accurate information about all aspects of sexual development.

**Sexuality: Your Sons and Daughters with Intellectual Disabilities. David Melberg Schwier (2000)**

Parents share the joys and challenges of raising a child with an intellectual disability as they offer you helpful advice and practical strategies. Individuals with intellectual disabilities explain what's important to them.

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)

**The Source for Down Syndrome. Catherine Chamberlain and Robin Strode (1999)**

Covers all the issues affecting people with Down syndrome.

**The Source for Syndromes. Gail Richard and Debra Reichert Hoge (1999)**

Organized information on a variety of syndromes.

**The Source for Syndromes 2. Gail Richard and Debra Reichert Hoge (2000)**

The sequel to *The Source for Syndromes*, with defining characteristics, behavior, communication, and intervention issues for 17 more syndromes.

**The Special Child: A Source Book for Parents of Children with Developmental Disabilities. Siegfried Pueschel (1995)**

Reference includes specifics on the detection, prognosis and treatment of various developmental disabilities.

**A Special Kind of Hero: The Star of *Life Goes On* Tells His Remarkable Story. Chris Burke and Jo Beth McDaniel**

Chris Burke, the first person with Down syndrome to star in a weekly TV series, tells of achieving his lifelong dream of becoming an actor.

**Speech and Language Development and Intervention in Down Syndrome and Fragile X Syndrome. (2008)**

Text clarifies the distinct speech and language issues associated with each disorder (Down Syndrome and Fragile X) and helps readers conduct individualized assessment and intervention.

**Stars of Success (a.k.a. Understanding How Children with Down Syndrome Learn). Susan Peoples (2003)**

Offers regular classroom and special educators, as well as parents, as succinct identification and discussion of the specific learning needs characteristic of children with Down syndrome and other developmental delays.

**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)

**Teaching Children with Down Syndrome: A Resource Guide for Educators in Elementary Schools. Patricia Oelwein**

This guide presents a recognized reading program for children with Down syndrome that effectively meets each child's unique learning needs and style.

**Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality. Terri Couwenhoven (2007)**

Blends factual information and practical ideas for teaching children with Down syndrome about their bodies, puberty, and sexuality. This book gives parents the confidence to speak comfortably about these sometimes difficult subjects.

**Teaching Communication Skills to Students with Severe Disabilities. June Downing, PhD (2005)**

Guide has the comprehensive, research-based information professionals need to support students from preschool to high school as they learn and use communication skills.

**Teaching Language Arts, Math and Science to Students with Significant Cognitive Disabilities. Diane Browder, et al**

Shows educators how to make the general curriculum accessible to students of all ages with significant cognitive disabilities.

**Teaching Literacy to Students with Significant Disabilities: Strategies for the K-12 Inclusive Classroom. June**

Offers tangible support for obliterating the obstacles to effective literacy instruction, including: effective strategies for

**Teaching Math to People with Down Syndrome and Other Hands-On Learners, Book I. DeAnna Horstmeier (2004)**

Parents and educators can use this guide to teach meaningful math to students--with and without learning problems--who struggle with understanding computation, number concepts, and when and how to use these skills.

**Teaching Reading to Children with Down Syndrome: A Guide for Parents and Teachers. Patricia Logan Oelwein**

Guide presents a nationally recognized reading program that can be used to effectively meet a child's unique learning needs and style.

**Teaching Students with Mental Retardation: Providing Access to the General Curriculum. Michael L. Wehmeyer**  
"Yes, it is important to have great expectations (as IDEA puts it, "high expectations"), but it is as important to know who can achieve them (students with intellectual disabilities), how they can achieve them (through state-of-the-art teaching techniques), and who can help them along that path (special and general educators alike).

**Toilet Training for Children with Mental Retardation. The ARC**

**Understanding How Children with Down Syndrome Learn (aka Stars of Success). Susan Peoples (2003)**  
Offers regular classroom and special educators, as well as parents, as succinct identification and discussion of the specific learning needs characteristic of children with Down syndrome and other developmental delays.

**Unequal Justice? What Can Happen When Persons With Retardation or Other Developmental Disabilities Encounter with Criminal Justice System. Robert Perske (1991)**  
Cites incidents from the criminal justice system to demonstrate that people with disabilities, whether guilty or innocent, are often defenseless.

**What Did You Say? A Guide to Speech Intelligibility in People With Down Syndrome. (DVD) (2006) (59 minutes)**  
Looks at the importance of speech intelligibility (clear speech) for people with Down syndrome. Explains the various factors and underlying speech intelligibility problems common in Down syndrome.

**Yoga for the Special Child: A Therapeutic Approach for Infants and Children With Down Syndrome, Cerebral Palsy, and Learning Disabilities. Sonia Sumar (1998)**  
Provides specific instructions on the use of yoga with infants and young children having Down Syndrome, cerebral palsy, or learning disabilities.