

Resource List for Physical 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

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)

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)

Avoiding Attendants from Hell: A Practical Guide to Finding, Hiring and Keeping Personal Care Attendants. June Price (2002)

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.

Cerebral Palsy: A Complete Guide for Caregiving. Freeman Miller et al (1995)

Comprehensive resource addresses the complexities and uncertainties of cerebral palsy and provides information about everything anyone might need to know.

Children with Cerebral Palsy: A Parent's Guide. Elaine Geralis (1990)

Professionals explain the diagnoses and treatments of the various conditions associated with cerebral palsy. Parents are offered guidance and encouragement as they adjust to the needs of their child, including daily care, educational options, legal rights and long term care.

Children with Facial Difference: A Parent's Guide. Hope Charkins (1996)

Parents learn about the diagnostic process, interdisciplinary treatment approach, education, speech and language issues and how to help their child and family adjust emotionally.

Coping with Cerebral Palsy: Answers to Questions Parents Often Ask (1993) by Jay Schleichkorn

Provides answers to more than 300 questions that have been carefully researched and represents the author's 40 years of experience with individuals with cerebral palsy. Information is presented in a highly readable style with medical jargon kept to a minimum. New material is offered on causes, treatment procedures, special education, federal legislation, vocational rehabilitation, mobility, siblings problems and technology.

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)

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.

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

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

Great American Vacations for Travelers With Disabilities (1996) by Fodors

With complete accessibility information on hotels, restaurants and attractions.

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)

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)

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

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

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 Joshua and 'Yes I Can' (1989) by Joan Lenett Whinston

Joshua is starting 1st grade and he is afraid of "the scariest day of his life." Joshua has cerebral palsy and his family and teachers help him to realize that there are things he can't do and things he can.

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)

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

Just Like Me? Children Talk About Spina Bifida. (video) (20 minutes) (1993)

Conversations between children with spina bifida and their classmates.

Keys to Parenting the Child With Cerebral Palsy. Jane Faulkner Leonard et al (1997)

Authors stress the child's potential and how greater levels of independence can be achieved.

Kids on Wheels: A Young Person's Guide to Wheelchair Lifestyle. Volume 1 and 2. Jean Dobbs (2004)

Living with Spina Bifida. Adrian Sandler, M.D. (1997)

A guide for families and professionals who care for children, adolescents and adults with Spina Bifida.

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)

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)

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)

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)

Raising a Child Who Has a Physical Disability. Donna Albrecht (1995)

Includes solving stressful situations within the family, developing a proper support team you can trust, information about school placement options, the IEP, and lists of medical specialists, organizations and government programs that offer help.

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)

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.

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)

Teaching Students with Medical, Physical, and Multiple Disabilities: A Practical Guide for Every Teacher. Bob Algozzine & Jim Ysseldyke (2006)

This guide discusses the issues educators and school nurses need to be aware of in order to effectively support students with medical, physical and multiple disabilities.

Teaching the Student with Spina Bifida. Fern L. Rowley-Kelly & Donald H. Reigel (1993)

Gives parents and teachers insight into meeting the educational needs of students with spina bifida.

Under the Eye of the Clock. Christopher Nolan (1987)

Autobiographical account of the childhood of Nolan, a 21-year-old with cerebral palsy. . He writes about himself in the third person, as a boy named Joseph, and tells how he managed to break free of his disability and relates to the reader the thoughts and realities of a world many have never known.

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)

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.