

# Resource List for Siblings

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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St. Louis, MO 63131

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**All About My Brother – An Eight Year Old Sister’s Introduction to Her Brother Who Has Autism. Sarah Peralta (2002)**

Ages 4 and up. 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)

**Autism, the Invisible Cord: A Sibling’s Diary. Barbara Cain (2013)**

Teens. Follows 14-year-old Jenny as she describes her day-to-day life with her younger autistic brother, Ezra. Ezra can be both her best friend as well as her biggest obstacle to living a normal life. 112 pages.

**Autism and Me: Sibling Stories. Ouisie Shapiro. (2009)**

Grades 2 and up. In these moving essays, Christian and many other kids tell what it’s like to live with siblings who have autism.

**Babies are Noisy: A Book for Big Brothers and Sisters Including Those on the Autism Spectrum. Anne-Marie Harrison. (2014)**

Ages 3 & Up. This illustrated children’s book is ideal for preparing young children on and off the autism spectrum for the arrival of a new brother or sister.

**The Best Worst Brother. Stephanie Stuve-Bodeen. (2005)**

Ages 4-8. The endearing and realistic look at how a relationship evolves between a typically developing older sister and her younger brother with a developmental disability

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

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

**Beyond the Stares: a Personal Journal for Siblings of Children with Disabilities. Delta Gamma Center for Children with Visual Impairments.**

Written by a group of children, ages 9 to 16 with siblings who are blind or visually impaired, many of whom have other disabilities as well.

**Big Brother Dustin. Alden R. Carter (1997)**

Ages 4-8. 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)

**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)

**Brothers, Sisters and Special Needs: Information and Activities for Helping Young Siblings of Children with Chronic Illnesses and Developmental Disabilities. Debra J. Lobato (1990)**

This book shows professionals and parents how they can help a child’s understanding of disability or chronic illness develop in a healthy, adaptive direction during the preschool and elementary years.

**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.

**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)

**French Fries for Siblings: The Forgotten Children of Autism. Lilli Z Mayerson. (2009)**

School Age. This is a sibling's story about disappointment and excitement, frustration and genuine love. A book to use as a tool to discuss their feelings and give comfort to siblings affected with autism. (49 pages)

**He's My Brother. Joe Lasker (1974)**

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

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

Ages 3-5. Book for young siblings and as a guide for helping preschool and kindergarten-aged students better understand their peers with autism. (24 pages)

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

Ages 7-11. 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 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)**

Grades K and up. 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)

**Just Because. Rebecca Elliott. (2010)**

Ages 5 and up. A younger brother describes all the fun he has with the big sister he loves so much—just because, in this heartwarming picture book about being perfectly loved, no matter what.

**Living With A Brother or Sister With Special Needs: A Book for Sibs. Donald Meyer & 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)

**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)

**The Other Kid: A Draw it Out Guidebook for Kids Dealing with a Special Needs Sibling. Lorraine Donlon (2011)**

Grades K and up. Children's activity book written to help children talk about all the feelings and emotions that come from living in a household with a special needs sibling. (48 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)

**The Sandwich Kid. (DVD) (2006) (90 minutes)**

The Sandwich Kid seeks to give a voice to those who are impacted by the day-to-day living with a brother or sister having a developmental or other disability.

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

Ages 11 and up. 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)

**Siblings of Children with Autism. Sandra Harris (1994)**

This book is a guide to understanding sibling relationships, how autism affects these relationships, and what families can do to support their other children as they cope with the intensive needs of a child with autism

**Siblings: You're Stuck with Each Other, So Stick Together. James Crist & Elizabeth Verdick. (2010)**

Ages 8-13. Full-color illustrations and humorous, kidfriendly text teach kids how to cope with problems of fairness, jealousy, conflict, tattling, privacy, and other things that can make having siblings so difficult.

**Sibshops: Workshops for Siblings of Children with Special Needs. Don Meyer & Patricia Vadasy (2008)**

Guide to create effective, engaging support groups for siblings of children with special needs.

**Understanding Brothers and Sisters with Asperger Syndrome (DVD) (2007) (109 minutes)**

Contains four programs for siblings of children with Asperger Syndrome and their parents.

**Understanding Brothers and Sisters on the Autism Spectrum (DVD) (2007) (94 minutes)**

Contains four programs for siblings of children on the autism spectrum and their parents.

**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)

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

Ages 4-8. 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)

**Will I Ever Be Older? Eva H Grant (1991)**

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