

**Resource List for Siblings**  
 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

**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)

**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)

**Between Brothers and Sisters: A Celebration of Life’s Most Enduring Relationship. Adele Faber and Elaine**

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)

**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

**Brothers and Sisters: Growing Up with a Blind Sibling. (video)**

Eight brothers and sisters of blind or visually impaired children talk to us from their hearts about what it's like to grow up with a sibling with a disability. Appropriate for families and professionals.

**Brothers & Sisters — A Special Part of Exceptional Families. Thomas H. Powell and Peggy Ahrenhold Gallagher.**

Siblings experience a bond unique to their relationship. A brother or sister is usually the first close friend and playmate a child has, and that relationship often outlasts others. This book explores the affinity from the perspective of siblings with brothers or sisters with disabilities.

**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.

**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)

**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 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'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 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

**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)

**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)

**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

**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

**Profiles of the Other Child: A Sibling Guide for Parents by Frances McCaffrey and Thomas Fish**

Pamphlet includes chapters on informing the child, equal treatment, permission to be sad, individuality, sibling rivalry and involvement.

**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)**

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 without Rivalry. Adele Faber and Elaine Mazilsh (1987).**

Guides the way to peace and tranquility with humor, compassion and understanding, and the illustrated, action-oriented, easy-to-understand stories will make life easier for both siblings and their parents.

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

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

**Understanding Brothers and Sisters with Asperger Syndrome (video)(2007)**

Contains four programs for siblings of children with Asperger Syndrome and their parents. (109 minutes)

**Understanding Brothers and Sisters on the Autism Spectrum (video)(2007)**

Contains four programs for siblings of children on the autism spectrum and their parents. (94 minutes)

**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 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)

**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)