

Resource List for Health Issues

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

All About Asthma. William and Vivian Ostrow (1989)

Ages 4-10. Using his own experiences as illustrations, a young boy gives a clear and thorough picture of living with asthma (40 pages)

The Brainstorms Companion: Epilepsy In Our View. Steven C. Schachter, MD (1995)

This sequel to Brainstorms: Epilepsy in Our Words focuses on the family, friends, co-workers, and support staff of the patient. The Brainstorms Companion: Epilepsy in Our View helps these caregivers cope with the emotional trauma and understand exactly what is happening when they witness a seizure.

Brainstorms: Epilepsy In Our Words: Personal Accounts of Living With Seizures. Steven C. Schachter, MD (1993)

Book presents accounts of seizures and epilepsy written by adult patients in their own words.

The Brainstorms Family: Epilepsy On Our Terms: Stories By Children with Seizures and Their Parents. Steven C. Schachter, MD, et al (1996)

Presents information about the condition of epilepsy, what it is like to have seizures, the different kinds of seizures, and the effects of epilepsy on the individual and the family.

Childhood Feeding Disorders: Biobehavioral Assessment and Intervention. Jurgen H. Kedesdy & Karen S. Budd

Up-to-date information and advice on selective eating, complete refusal to eat, developmental feeding disorders, failure to thrive, pica, rumination, pediatric obesity, feeding resistance related to chronic illness and more.

Children and Youth Assisted by Medical Technology in Educational Settings: Guidelines for Care. (1997)

Hands-on reference provides the help needed to give the care and support required to include students assisted by medical technology in school settings.

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.

Demystifying Psychiatry: A Resource for Patients and Families. Charles F Zorumski & Eugene H Rubin (2010)

Range from a basic discussion of what psychiatry is, to the types of illnesses psychiatrists treat, the training of psychiatrists, the treatment of psychiatric disorders (covering medications, psychotherapy, lifestyle interventions, electroconvulsive therapy, and much more), and how families can help with treatment.

Even Little Kids Get Diabetes. Connie White Pirner (1991)

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

Family Medical Emergencies: What to Do Until Help Arrives or if it Doesn't Come (DVD) (2010) (40 minutes)

Demonstrates first aid treatment techniques for a variety of medical emergencies, including household and other accidents, as well as natural disasters. In addition, the program provides accident prevention tips along with information about first aid kits.

Feeding Your Child with Autism. Mark J Palmieri & Kristen M Powers (2013)

Discusses feeding disorders in children and explains the types of supports families can use at home, as well as what professional help they should consider.

Fun-To-Know First Aid for Kids. Dr. Nancy Rothenberg. (DVD) (2004) (85 minutes)

DVD to prepare parents and help them cope in cases of pediatric emergencies.

Going Places: Children Living with Cerebral Palsy. Thomas Bergman (1991)

Ages 9-12. Children meet Mathias, a six year old with cerebral palsy and learn that disability should not cause separation, embarrassment and fear. (48 pages)

The Health and Wellness Program: A Parenting Curriculum for Families at Risk. Alexander Tymchuk (2006)

Program gives professionals everything they need to support parents with a wide range of disabilities or learning challenges as they learn about child health and safety.

Healthcare for Children on the Autism Spectrum. Fred Volkmar M.D. & Lisa Wiesner, M.D. (2003)

Although children with an autism spectrum disorder (ASD) can be as healthy as other children, keeping them that way can be a challenge.

Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities. Beth Marks, Jasmine Sisirak, Tamar Heller. (2010)

This innovative, easy-to-implement curriculum is the perfect way to help adults build healthy lifestyles.

Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion and Feeding Disorders. Katja Rowell & Jenny McGlothlin. (2015)

After gaining a foundation of understanding of your child's challenges and the dynamics at play, you'll be ready for the 5 steps (STEPS+ approach—Supportive Treatment of Eating in PartnershipS) that transform feeding and meals so your child can learn to enjoy a variety of foods in the right amounts for healthy growth.

Hydrocephalus- A Guide for Patients, Families and Friends. Chuck Toporek, et al (1999)

Text providing clear advice on living with hydrocephalus.

The Journey Through Assessment: Help for Parents with a Special Needs Child. Antonia Chitty & Victoria Dawson. (2013)

If you believe that there is something wrong with your child, but have yet to get a diagnosis, this book will help you through the period of uncertainty when you have to negotiate healthcare and education services.

Just Take a Bite: Easy, Effective Answers to Food Aversions and Eating Challenges. Lori Ernspenger et al (2004)

Guide to overcoming food aversions and eating challenges, particularly common among children on the autism spectrum

Keep it Clean. (DVD) (18 minutes)

Four talented young people rap to the original lyrics and music of Rainmaker Bob Walkenhorst in the catchiest way possible while painlessly absorbing lots of information on many important topics including head to toe hygiene basics, self esteem, acne, tooth decay, eye safety, hearing safety, hand washing musts, and sound advice on how to maintain a healthy body.

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)

Little Tree: A Story for Children with Serious Medical Problems. Joyce C. Mills, PhD (1992)

Grades Pre-K-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)

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.

Parenting Children with Health Issues: Essential Tools, Tips and Tactics for Raising Kids with Chronic Illness, Medical Conditions and Special Healthcare Needs. Foster Cline & Lisa Greene (2007)

Teaches the essential parenting skills you need to help your child comply with medical requirements, cope well with health challenges and live a hope-filled life.

Promoting Health Care Transitions for Adolescents with Special Health Care Needs and Disabilities. Cecily Betz et al (2007)

Problem-solving book that helps professionals across systems work together on effective health care transition plans.

Rebecca Finds a Way: How Kids Learn, Play and live with Spinal Cord Injuries and Illnesses. Connie Panzarino

Elementary. The story is about a young girl named Rebecca who suffered a spinal cord injury due to a motor vehicle crash. (56 pages)

A Short Introduction to Understanding and Supporting Children and Young People who Self-Harm. Carol Fitzpatrick. (2012)

Shows parents, carers and professionals how they can support young people through these difficult times, as well as how to find specialist professional help.

Sleep and your Special Needs Child. Anthony Chitty & Victoria Dawson. (2014)

A highly successful behavioral and cognitive approach to sleep management for special needs children.

Stool Withholding: What to do When Your Child Won't Poop. Sophis Ferguson. (2015)

Inspired by the author's experience of this issue with her own son, this easy-to-understand guide gives detailed advice on every aspect of stool withholding including soiling (encopresis), toilet training, laxative medication and constipation.

Taking Asthma to School. Kim Gosselin (1995)

Elementary. 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 Cystic Fibrosis to School. Cynthia Henry & Kim Gosslein (2000)

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

Taking Food Allergies to School. Ellen Weiner (1999)

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

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

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

Transition to Adult Healthcare: Preparing for Life as an Adult. Debra Gillman. (2009)

A resource to help youth and young adults with special health care needs and disabilities make a successful transition to adult living. Kit includes: training, checklist, workbook and pocket guide.

Treating Eating Problems of Children with Autism Spectrum Disorders and Developmental Disabilities. Keith William & Richard Fox. (2007)

Presents behavioral interventions and approaches on solving a child's resistance to eating.

What's Wrong with My Kid? When Drugs or Alcohol Might Be a Problem and What to Do about It. George E Lerary, Jr. (2012)

Covers the warning signs; how to intervene and find treatment; the nature and biology of addiction; the co-occurring mental health issues common to teenagers; the role of family in enabling behavior; the types of treatment and the role of drugs and alcohol in increasing teen suicide rates.

Why Can't I Eat That? Helping Kids Obey Medical Diets. John Taylor (1993)

Explores the psychological/emotional aspects of having a child with dietary restrictions because of a chronic medical condition, as well as practical behavioral and environmental tools for helping the child and family follow prescribed guidelines.

You're Not a Little Kid Anymore: Personal Hygiene. (DVD) (18 minutes)

Grades 3-5. Topics explored include bathing, hand washing, care of teeth, hair and nails and the importance of clothes that are clean and neat.