

Resource List for Intellectual Disabilities

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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.

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)

Contains information, tips and advice from families on the issues that have the greatest impact on the daily life of an Angel family.

Babies with Down Syndrome: A New Parents Guide. Karen Stray-Gundersen. 2nd 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.

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.

Count Us In: Growing Up With Down Syndrome. Jason Kingsley & Mitchell Levitz (1994)

Young Adult. Two young men with Down syndrome talk frankly about careers, friendships, school, sex, marriage, politics, and independence. (182 pages)

Down Syndrome Parenting 101: Must-Have Advice for Making Your Life Easier. Natalie Hale. (2011)

Takes readers by the hand and walks them through the various life stages, experiences, and people they will encounter with their child including: getting to know and fall in love with your child, interacting with medical professionals, literacy, discipline, school, transitioning, and independence.

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.

Downs: The History of a Disability. David Wright. (2011)

Looks at the care and treatment of individuals with Down Syndrome from Medieval Europe to the present day.

Educating Children with Multiple Disabilities A Trans-disciplinary Approach. Fred P Orelove (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.

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 (2007)

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 six.

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

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

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.

Hello, My Name is Simon: A Reflection of Surviving Sibling Love. Samuel & Sean Crosier

This book is about the special relationship that his brothers formed with Simon during his short life.

Helping Children with Down Syndrome Communicate Better: Speech and Language Skills for Ages 6-14. Libby Kumin, PhD. (2008)

Provides parents and professionals with the information and resources they need to improve their child's communication at home, at school and in the wider community.

I Am Not a Syndrome, My Name is Simon. Sheryl Crosier. (2012)

Moving and gripping story of a baby diagnosed with Trisomy 18. Details the struggle of Sheryl's son Simon from the early stages of pregnancy to his life here on earth.

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

Dave Hingsburger, therapist, author and friend to people with developmental disabilities, writes an engaging and philosophical manual of how to work respectfully and successfully with individuals who have intellectual disabilities.

Just Like You: Down Syndrome (DVD) (13 minutes)

Grades 3 and up. Explores the life, hopes, challenges and dreams of three teenagers living with Down Syndrome.

Kids with Down Syndrome: Staying Healthy and Making Friends. (DVD) (2008) (120 minutes)

Brings parents and professionals from around the world together to give an up-to-date and comprehensive guide to the health and social challenges in the years from walking to adolescence.

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.

Mike's Crush for Families: Teaching Relationship Skills to Adolescents with Autism, Asperger's or Intellectual Disabilities. Nancy Nowell. (video) (2011)

Video and booklet designed to help adolescents understand the social signals and skills necessary to have healthy friendships and safe intimate relationships. (DVD)

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 pages)

Prader-Willi Syndrome: Coping with the Disease-Living with Those Involved. Urs Eiholzer. (2005)

This easily understandable book is specifically suited for non-professionals and presents the clinical picture of the syndrome, its genetic cause, state-of-the-art research results and treatment options as used in the author's out-patient clinic.

Preventing the Emotional Abuse and Neglect of People with Intellectual Disability: Stopping Insult and Injury. Sally Robinson. (2013)

Through the narratives of nine people with intellectual disability and their family members, key issues concerning the problem are identified. Drawing on the results of this study, a range of strategies and methods are recommended to increase the capacity of all involved with people with intellectual disability to prevent emotional abuse, and respond to and support the recovery of people who are abused in this way.

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 (2008)

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.

Relationship series series II: Boyfriend/ Girlfriend. (DVD)

Video series of relationships for people with ID/DD (intellectual & developmental disabilities)

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.

A Risk Reduction Workbook for Parents and Service Providers: Policies and Practices to Reduce the Risk of Abuse, Including Sexual Violence, Against People with Intellectual and Developmental Disabilities. Dr. Nora Baladerian

Helps parents and service providers reduce the risk of abuse to children and adults with developmental disabilities. The book also provides advice on how to recognize signs of abuse and how to effectively respond if and when it occurs.

Sam's Top Secret Journal: Book 1 - We Spy. Dr. Sean Adelman. (2012)

Middle Grades. Join Sam, a girl with down syndrome, as she embarks on her first big adventure in this mystery full of fun, suspense and just the right amount of spying. (144 pages)

Sexuality and Intellectual Disabilities: A Guide for Professionals. Andrew Maxwell Triska. (2018)

Provides a concise overview of sexuality and gender identity in clients with intellectual disabilities for therapists, social workers, educators, and healthcare providers.

Sexuality and People With Intellectual Disabilities. Lydia Fegan & 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 Syndromes. Gail Richard & Debra Reichert Hoge (1999)

Organized information on a variety of syndromes.

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

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

A Special Kind of Hero: The Star of *Life Goes On* Tells His Remarkable Story. Chris Burke & Jo Beth McDaniel (1991)

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. Joanne Erwick Roberts, Robin S Chapman & Steven S Warren (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.

Supporting Positive Behavior in Children and Teens with Down Syndrome. David Stein. (2016)

Examines how the brain of a person with Down syndrome works, how those differences impact behavior, and why bad behavior should not be viewed as a willful act.

Taking Down Syndrome to School. Jenna Glatzer (2002)

Elementary. 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 (1998)

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 (2006)

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 Downing (2006)

Offers tangible support for obliterating the obstacles to effective literacy instruction, including: effective strategies for tailoring literacy materials to students with disabilities, tactics for adapting state standards and meeting No Child Left Behind (NCLB) and Individuals with Disabilities Education Act (IDEA) requirements, straightforward chapter summaries, frequently asked questions, Web sites, and other resources that reinforce key points, easy-to-implement planning and assessment guidelines.

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.

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.

What To Do About Smearing: A Practical Guide for Parents and Caregivers of People with Autism, Developmental and Intellectual Disabilities. Kate Reynolds. (2017)

Addressing the often hidden, yet not uncommon, behaviour of faecal smearing among children and adults with autism and developmental and intellectual disabilities, this practical handbook shows how to tackle this often embarrassing and difficult issue in a positive way.

When Down Syndrome and Autism Intersect: A Guide to DS-ASD for Parents and Professionals. Margaret Froehle & Robin Zaborek. (2013)

Offers a thorough examination of the unique profile of a Down Syndrome-Autism Spectrum Disorder (DS-ASD) diagnosis and best practices for screening, treatment, and caretaking through the lifespan.

When Young People with Intellectual Disabilities and Autism Hit Puberty: A Parents' Q&A Guide to Health, Sexuality and Relationships. Freddy Jackson Brown & Sarah Brown. (2016)

Structured around issues related to puberty and emerging sexuality in children with disabilities or autism, such as physical changes, mood swings and sexual behaviour, the book presents case studies alongside practical guidance on how to overcome problems that commonly arise.

Whole Child Reading: A Quick-Start Guide to Teaching Students with Down Syndrome and Other Developmental Delays. Natalie Hale. (2016)

Explains how to go in through the heart to hook beginning and struggling readers, but then how to teach to the brain; so that learning is fast and permanent.

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.