

Resource List for Talking to Your Child About Their Disability

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

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

The ABCs of Autism. M. Davi Kathiresan (2000)

Grades K and up. This book was written to educate families, children and professionals and make them aware of the skills, strengths and capacities of persons with autism.

The ADDED Touch: Spend the Day with Matthew, A First Grader with ADHD. Robin Watson (1998)

Grades K-3. Explains ADD to young children. Tells the story of a first grader who is struggling in school. (22 pages)

ADHD Explained to Kids. Chris de Feyter (2013)

Ages 6 and up. Helps your child understand what ADHD is by looking at the symptoms instead of the biology.

All Cats Have Asperger Syndrome. Kathy Hoopman (2006)

Ages 8-12. Combines humor with understanding to reflect the difficulties and joys of raising a child with Asperger Syndrome and celebrates what it means to be considered 'different'. (65 pages)

All Dogs Have ADHD. Kathy Hoopman (2009)

Ages 4-8. Combines humor with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different.' (64 pages)

Asparagus Dreams. Jessica Peers (2003)

Young Adult. Recalling her school years with humor and insight, Jessica takes the reader right inside what it feels like to have Asperger Syndrome. (220 pages)

The Asperger's Difference. (DVD) (2009) (31 minutes)

Adolescent. Follows three articulate young people as they navigate the waters of daily life and journey towards self-understanding and self-advocacy.

Asperger's Huh? Rosina Schnurr (1999)

Ages 6-12 who have Asperger's Syndrome (52 pages)

Asperger's — What Does It Mean to Me? Catherine Faherty (2000)

This book offers the individual and his or her caregivers an opportunity to better understand his/her world! Written by a leading therapist, alternate chapters educate the caregiver, then the individual answers questions about his/her views, fears and hopes. (301 pages)

Asperger Syndrome: An Owner's Manual. What You, Your Parents and Your Teacher's Need to Know. An Interactive Guide and Workbook. Ellen S. Heller Korin (2006)

Grades 5-8. Designed for young people grades 5 through 8 for use with guidance from a helping adult. Written to be understood by these particular adolescents, "An Owner's Manual" describes what Asperger Syndrome is and how it can affect daily life. (60 pages)

Asperger Syndrome: An Owner's Manual 2 For Older Adolescents and Adults: What You, Your Parents, Your Friends, and Your Employer Need to Know. An Interactive Guide and Workbook. Ellen S. Heller Korin (2007)

Designed for older adolescents (16+) for use with guidance from a helping adult. "An Owner's Manual" describes what Asperger Syndrome is and how it can affect daily life and employment. (124 pages).

Asperger Syndrome, the Universe and Everything. Kenneth Hall (2001)

Grades 3 and up. Written by a 10 year old boy with Asperger Syndrome. Shares his insights, struggles and joys in a frank and humorous way. (109 pages)

Attention Girls! A Guide to Learn All About Your AD/HD. Patrica O. Quinn (2009)

Ages 9-12. Meet girls with ADHD and learn ways to take charge of your life. (119 pages)

Autistic? How Silly is That: I Don't Need Any Labels at All. Lynda Farrington Wilson. (2012)

Ages 4 and up. Tells children with autism they are KIDS with autism, as it gently pokes fun of the onerous label "autistic".

Bipolar Kids: Helping Your Child Find Calm in the Mood Storm. Rosalie Greenberg, MD (2007)

This book helps parents: understand why bipolar disorder is often overlooked or misdiagnosed, distinguish bipolarity from other common childhood disorders like ADHD, explain why their child may be well behaved in school but out of control at home, communicate effectively with their child and learn about the latest treatment options available.

The Bipolar Teen: What You Can Do to Help Your Child and Your Family. David J. Miklowitz (2008)

Delivers practical way to manage chaos and relieve stress so everyone in the family can find stability, support, and peace of mind.

Blink, Blink, Clop, Clop: Why Do We Do the Things We Can't Stop? An OCD Storybook. E. Katia Moritz, Ph.D. & Jennifer Jablonsky (1998)

Ages 5-12. This storybook was written to help young children with OCD. (61 pages)

Brandon and the Bi-Polar Bear: A Story for Children with Bi-Polar Disorder. Tracy Anglada (2004)

Ages 4 and up. Story about a young boy with bipolar disorder. Readers learn about his symptoms, fears, and treatment from a child's viewpoint. (20 pages)

Can I Tell You About ADHD? A Guide for Friends, Family and Professionals. Susan Yarney. (2013)

Ages 7 and up. Ben invites readers to learn about ADHD from his perspective.

Can I Tell You About Asperger Syndrome? Jude Welton (2003)

Ages 7-15. Meet Adam - a young boy with AS. Adam invites young readers to learn about AS from his perspective. (48 pages)

Can I Tell You About Dyslexia: A Guide for Friends, Family and Professionals. Alan M Hultquist. (2013)

Ages 7 and up. Excellent way to start a discussion about dyslexia, in the classroom or at home. 56 pages.

Can I Tell You About OCD: A Guide for Friends, Family and Professionals. Amita Jassi. (2013)

Ages 7 and up. Shows family, friends and teachers how they can support someone with the condition and will be an excellent way to start a conversation about OCD, in the classroom or at home. 48 pages.

Can I Tell You About Stammering: A Guide for Friends, Family and Professionals. Sue Cottrell. (2013)

Ages 7 and up. Illustrated book is full of useful information and will be an ideal introduction for young people, as well as parents, friends, teachers and speech therapists working with children who stammer. 44 pages.

Cory Stories: A Kid's Book About Living with ADHD, Jeanne Kraus (2004)

Grades 3 and up. Cory has lots of stories to tell and lots of ways to get organized, pay attention, calm down, remember things, make friends, and feel good about himself and life with ADHD. (31 pages)

Different Is Not Bad, Different Is the World: A Book About Disabilities. Sally L. Smith (1994)

Grades 2-6. Children's book about learning and physical disabilities teaches empathy with those who are different from them and to recognize the value of all people. (30 pages)

Different Just Like Me. Lori Mitchell (1999)

Grades 1-6. Over the course of the week, April observes the many differences between herself and the people she encounters. (15 pages)

Different Like Me: My Book of Autism Heroes. Jennifer Elder (2006)

Ages 8-12. Introduces children to inspirational famous and historical figures that all excel in the own fields, but are united by the fact they often found it difficult to fit in. (46 pages)

Don't Call Me Special: A First Look at Disability. Pat Thomas (2002)

Grades K and up. Young children can find out what a disability is, and how people deal with their disabilities to live happy and full lives. (29 pages)

Eagle Eyes: A Child's Guide to Paying Attention. Jeanne Gehret (2009)

Ages 6-10. Like a river overflowing its banks, Ben wreaks havoc until he learns to recognize and control his Attention Deficit Disorder. (30 pages)

80HD: A Child's Perspective on ADHD. Dr. Trish Wood (2008)

Ages 4 and up. Summarizes the thoughts and experiences of a child with ADHD, written from the perspective of a child. (28 pages)

Eli, The Boy Who Hated to Write: Understanding Dysgraphia. Regina & Eli Richards (2000)

Grades K-5. Dysgraphia is often misunderstood by parents, teachers, and students. This book is designed to present a student's view of the struggles and frustrations, while also presenting hope and specific strategies and compensations. (83 pages)

Elvin the Elephant Who Forgets. Heather Snyder, PhD (1998)

Grades K-5. Elvin has a tree branch fall on his head. He can't count his figs anymore, gets mixed up at school and doesn't get along with his friends anymore. A visit to the neuropsychologist helps him understand that he's not a bad little elephant... he has a brain injury. (16 pages)

Elvin: The Elephant Who Forgets. (DVD) (2009)

Grades K-5. Creates a forum for children who sustain a brain injury to enhance their understanding of the emotional and cognitive changes that they may experience.

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)

Hi, I'm Adam: A Child's Story of Tourette Syndrome. Adam Buehrens (1991)

Grades 1-6. A ten year old boy wrote and illustrated this book because he wants everyone to know he and other children with Tourette's Syndrome are just like them. (35 pages)

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

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

How to Talk to an Autistic Kid. Daniel Stefanski (2011)

Grades 4 and up. Written by a 14 year old boy with autism to help people understand autism and the people who have it. (48 pages)

I Am Special: Introducing Children and Young People to their Autistic Spectrum Disorder. Peter Vermeulen. (2000)

Workbook designed for a child to work through with an adult . The first is an introduction which explains how to inform children that they have autism or Asperger Syndrome and how to use the worksheets with groups or individuals. The second part consists of a series of worksheets which the child works through with an adult to create a personal book about him or herself.

I am Special: A Workbook to Help Children, Teens and Adults with Autism Spectrum Disorders to Understand Their Diagnosis, Gain Confidence and Thrive. Peter Vermeulen (2013)

Designed for a child to work through with an adult - parent, teacher or other professional.

I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism. Elaine Marie Larson (2006)

Ages 4-8. Discover the unique characteristics and abilities of children with Asperger Syndrome and high-functioning autism – from A to Z. This book, laid out in an A-to-Z format, celebrates the extraordinary gifts and unique perspectives that ASD children possess. (56 pages)

I Can't Sit Still: Living with ADHD. Pam Pollack & Meg Belviso (2009)

Grades Pre K and Up. Story about Lucas, a boy with ADHD, and how life with ADHD can be easier if you take the right approach. (35 pages)

I Have Autism: A Child's First Look At Autism. A Children's Book and Resource Guide. Pat Crissey (2005)

Grades Pre-K – 3. "*I Have Autism*" is a children's book to help parents and teachers explain autism to a young child.

I Have Autism...What's That? Kate Doherty, Paddy McNally & Eileen Sherrard (2000)

Book helps children and young people with autism to discover how their autism affects them.

I Have Tourette's But Tourette's Doesn't Have Me. (DVD) (2005)

Children with Tourette's Syndrome, ages 8 to about 14, candidly describe what it's like to have Tourette's, a misunderstood neurological disorder. They show what their tics are like, talk about difficulties with school, social isolation, embarrassment, and feeling misunderstood and even unwanted due to the inherited condition they have no control over.

It's OK to Be Different. Todd Paar. (2001)

Ages 4-8. Shows readers over and over that just about anything goes. From the sensitive ("It's okay to be adopted"--the accompanying illustration shows a kangaroo with a puppy in her pouch) to the downright silly ("It's okay to eat macaroni and cheese in the bathtub"), kids of every shape, size, color, family makeup, and background will feel included. (32 pages)

Josh: A Boy with Dyslexia. Caroline Janover (2004)

Grade 3 and up. Story about a boy with a learning disability. (100 pages)

Learning to Slow Down and Pay Attention. Kathleen g. Nadeau PhD & Ellen B. Dixon PhD (1991)

Elementary. If your child has been diagnosed with ADHD, this is the book you've been looking for to answer the question "What do I tell my child?" Helps your child to identify problems and explains how parents, doctor and teacher can help. (52 pages)

Lee, The Rabbit with Epilepsy. Deborah M. Moss (1989)

Ages 4-8. Lee is diagnosed as having epilepsy, but the medicine to control her seizures reduces her worries and she learns that she can lead a normal life (22 pages)

Mental Health: An Animated Series (DVD) (30 minutes)

Grades 3 and up. Collection of short and fun animated videos directed towards helping youth understand mental illness and mental disorders.

Mr. Worry: A Story About OCD. Holly L. Niner (2004)

Ages 4-8. Story of Kevin, a young boy with Obsessive Compulsive Disorder. (32 pages)

My Autism Book. A Child's Guide to their Autism Spectrum Diagnosis. Gloria Dura-Vila & Tamar Levi. (2014)

Ages 5 & up. Illustrated picture book that helps parents to explain an autism diagnosis to their child in a sensitive, positive and accurate way. (47 pages)

My Bipolar Roller Coaster Feeling Book. Bryna Hebert (2005)

Elementary. The purpose of this book is to help the child with bipolar disorder better understand his or her feelings, learn coping strategies, and feel less alone in this world. (24 pages)

The Not So Fast Rabbit: A Tale About Being Slow. Carol Kaplan (1990)

Grades K-3. Rodney Rabbit moves very slowly. His mother says that we will know many special things because of his slowness, but Rodney does not understand. He wants to be fast. One day all the rabbits decide to run in a race. Though he is slow, Rodney is the winner. The race helps Rodney to understand his mother's words and he learns that sometimes being slow can have its advantages (22 pages)

Picky, Picky Pete: A boy and His Sensory Challenges. Michelle Griffin. (2010)

Grades Pre-K and up. Children's book about a boy with sensory processing disorder. (48 pages)

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)

Some Kids Just Can't Sit Still! Sam Goldstein (2009)

Ages 7-9. Explains why children with attention deficit/hyperactivity disorder (ADHD) react differently to simple situations in their daily lives. (32 pages)

A Special Book About Me: A Book for Children Diagnosed with Asperger Syndrome. Josie Santomauro (2009)

Ages 8 and up. Intended as a support tool in the initial period after diagnosis, this book is varied and engaging, and addresses questions or concerns that the child might have, such as 'What are the characteristics of AS?', 'Why did it happen to me?', and 'What happens now?'. (32 pages)

The Survival Guide for Kids with ADD or ADHD. John F. Taylor (2006)

Ages 9-12. In kid-friendly language and a format that welcomes reluctant and easily distracted readers helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. (110 pages)

The Survival Guide for Kids with Autism Spectrum Disorders (and their Parents). Elizabeth Verdick & Elizabeth Reeve (2012)

Ages 8 and up. This positive, straightforward book offers kids with autism spectrum disorders (ASDs) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day. (234 pages)

The Survival Guide for Kids with Behavior Challenges: How to Make Good Choices and Stay Out of Trouble. Tom McIntyre. (2013)

Provides up-to-date information, practical strategies, and sound advice to help kids learn to make smarter choices, make and keep friends, get along with teachers, take responsibility for their actions, work toward positive change, and enjoy the results of their better behavior.

The Survival Guide for Kids in Special Education (And Their Parents): Understanding What Special Ed is & How It Can Help You. Wendy Moss & Denise Campbell. (2017)

Grades 3-8. Gives kids lots of tools and strategies they can use to deal with their concerns, whether they are in the process of being evaluated for special ed or already receiving special ed services.

Survival Guide for Kids with LD* (Learning Differences). Rhonda Cummings & Gary Fisher (2002)

Grade 5 and up. A book intended for use by young people with Learning Disabilities. (96 pages)

The Survival Guide for Kids with Physical Disability & Challenges. Wendy Moss & Susan Taddonio. (2015)

Loaded with tools for coping with the intense social, emotional, and academic difficulties these students often must deal with—as well as their secret fears—this book helps kids succeed in and out of the classroom and confidently handle their physical challenges

Taking A.D.D. to School: A School Story About Attention Deficit Disorder And/or Attention Deficit Hyperactivity Disorder. Ellen Weiner (1999)

Elementary. Ben is having trouble in school. It's hard to concentrate and his teachers always tell him to pay attention. A trip to the doctor reveals that Ben has Attention Deficit Disorder. Written for children from Ben's perspective, this book is well suited for reading aloud in the classroom. (24 pages)

Taking Cerebral Palsy to School. Mary Anderson (2000)

Elementary. This book allows classmates to get a better understanding of cerebral palsy through the narrative of a young boy (23 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 Depression to School. Kathy Khalsa (2002)

Elementary. Emily lives with childhood depression. With therapy and medication, she learns how to manage her sometimes overwhelming feelings. (22 pages)

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)

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 Hearing Impairment to School. Ellen Weiner (2004)

Elementary. Jacob's life is filled with friends, school, family, sports, and pets - and he has a profound hearing loss. Through his story, readers learn about sign language, interpreters, hearing aids, and speech therapy for kids with hearing impairments.

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)

Taking Speech Disorders to School. John Bryant (2004)

Elementary. Most kids know someone with a speech disorder. Michael's story helps them understand the cause and effects of his disorder and how speech therapy helps him communicate more clearly (22 pages)

Taking Tourette Syndrome to School. Tia Krueger (2001)

Elementary. Megan has Tourette syndrome. Her story will help other children understand that her tics are not something she can control, but rather, a part of her life (22 pages)

Taking Visual Impairment to School. Rita Steingold (2004)

Elementary. Lisa's story helps kids understand how children with visual impairments, including blindness, adapt and manage their surroundings. (32 pages)

This Is Asperger Syndrome. Elisa Gagnon & Brenda Smith Myles (1999)

Ages 6-12. Through brief vignettes such as this, accompanied by black and white cartoon-like drawings, introduces siblings, peers and other children to the everyday challenges faced by children with Asperger Syndrome at home or at school. (20 pages)

Trouble with School: A Family Story About Learning Disabilities. Kathryn Dunn (1993)

Ages 8-12. One family's real-life experiences with learning disabilities. The story is told in dual narration with Allison and her mother each telling the story from their perspectives (28 pages)

Understanding Sam and Asperger Syndrome. Clarabelle van Niekerk & Liezl Venter. (2006)

Ages 5 and up. The book includes 10 helpful tips geared toward children, showing them how to respect and accept differences as well as to interact with a classmate or friend with Asperger Syndrome.

Unspoken Words: A Child's View of Selective Mutism. Sophia Blum. (2013)

School Age. Written by a teenager who suffered from Selective Mutism. This unique book is directed to children with Selective Mutism as well as for parents, professionals and teachers to help them understand a child's unspoken words when unable to speak and express themselves. (71 pages)

Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment. Aureen Pinto Wagner, PhD. (2000)

Ages 4 and up. Helps parents explain OCD to the children clearly and simply through the eyes of a child. 35 pages.

A Walk in the Rain with a Brain. Edward Hallowell, MD (2004)

Ages 4-8. Lucy meets a brain that helps her realize that everyone is smart in different ways. (30 pages)

What Do You Mean I Have Attention Deficit Disorder? Kathleen M. Dwyer (1996)

Grades K-8. Sensitive book successfully shows the scope of ADD and explains many of the behavioral and educational problems and strategies. (40 pages)

What Do You Mean I Have a Learning Disability? Kathleen Marie Dwyer (1991)

Grades 1-4. About a 10-year-old with a learning disability. (36 pages)

What it is to be Me! An Asperger Kid Book. Angela Wine. (2005)

Ages 4 and up. Using simple words this book shares what's cool and what's hard about having Asperger's Syndrome. (18 pages)

Why Am I Different? Norm Simon (1993)

Ages 4-8. This book portrays everyday situations in which children see themselves as 'different' in family life, preferences, and aptitudes, and yet, feel that being different is all right (31 pages)

Yes, I Can! Challenging Cerebral Palsy. Doris Sanford (1992)

Grades 1-4. "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)

Yes You Can! A Booklet to Help Young People with Learning Disabilities Understand and Help Themselves Joanne East (1993)

Intended for students with learning problems, this booklet is designed to help the student deal with his/her learning disability. (33 pages)