

Resource List for Children & Young Adults

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

900 Hornet Dr.

St. Louis, MO 63042

314-989-8460

A is for All Aboard! Paula Kluth & Victoria Kluth (2010)

Grades K and up. Fun facts, vibrant art, and in-the-know slang about trains. (32 pages)

The Able Individual Video Learning Series. (DVD) (2005) (25 minutes)

Cover a variety of essential topics with the ultimate goal of providing children with special needs the foundation of skills to function more independently in everyday life.

Vol 1 – Hygiene

Vol 2 – Dressing

Vol 3 – Chores

Vol 4 – “What” & “Where” Questions

Vol 5 – “Who” & “Which” Questions

Vol 6 – “Whose” & “How Many” Questions

Accept and Value Each Person. Cheri J. Meiners (2006)

Ages 4-8. The world is becoming more diverse, and so are the daily lives of our children. Accepting and valuing people and groups who are different from oneself and one's immediate family is a critical social skill. This book introduces diversity and related concepts: respecting differences, being inclusive, and appreciating people just the way they are. (40 pages)

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.

ADHD in HD: Brains Gone Wild. Johnathan Chesner. (2012)

Teens. Collection of frank personal stories of failure and success, hilarious anecdotes, wild ideas, and point-blank advice that will resonate with teens and young adults.

ADHD and the Nature of Self-Control. Russell Barkley (1997)

The Adolescent Depression Workbook. Mary Ellen Copeland (1998)

Teens. Enables teens to assess how they feel and determine what to do to return to enjoying a rich, full life like every young person deserves. (170 pages)

After the Storm: A Healing Book and Workbook for Children and Adults Whose Lives Have Been Affected by Severe Weather

All ages. Workbook.

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)

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

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)

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 the Colors of the Earth. Sheila Hamanka (1994)

Grades Pre-K-2. Celebrate the colors of children and the colors of love – not black or white or red but roaring brown, whispering gold, tinkling pink and more. (29 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)

All Kinds of Friends, Even Green! Ellen Senisi (2002)

Grades K-4. When his teacher gives an assignment to write about a friend, seven-year-old Moses considers classmates, neighbors, parents, and teachers before finally deciding on Zak, his teenage neighbor's iguana, because she is different yet determined, like him. (14 pages)

Amazingly...Alphie! Understanding and Accepting Different Ways of Being. Roz Espin (2003)

Ages 8 and up. This is a story about differences. It's about trying to understand and accept people's different ways of being. It's a story about finding the buried treasure – looking beyond the challenge and finding the good that is always there. (44 pages)

Amelia Rules: The Tweenage Guide to Not Being Unpopular. Jimmy Gownley (2010)

Grades 4-7. Comic book about navigating the promises and pitfalls of popularity. (192 pages)

Andy and His Yellow Frisbee. Mary Thompson (1996)

Grades K-5. Story of a boy with autism who has a special talent for spinning things. Views autism through the eyes of children and parallels the behaviors and feelings of children with autism with their classmates and siblings. (24 pages)

Andy Opens Wide. Nan Holcomb (1992)

Ages 9-12. Andy, who is five and has cerebral palsy, has difficulty opening his mouth at mealtime, until his frustration leads to a discovery (16 pages)

Anger Mountain. Bryna Hebert (2005)

Ages 8 and up. Anger Mountain will help children better understand anger and deal more effectively with it. (20 pages)

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry. Lisa M Schab (2008)

Teens. Shows how to deal with the day-to-day challenges of anxiety and help develop a positive self-image and recognize anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. (178 pages)

Armond Goes to a Party: A Book About Asperger's and Friendship. Nancy Carlson. (2014)

Ages 5-9. Armond doesn't want to go to Felicia's birthday party. Parties are noisy, disorganized, and smelly—all things that are hard for a kid with Asperger's. Worst of all is socializing with other kids. But with the support of Felicia and her mom, good friends who know how to help him, he not only gets through the party, but also has fun. When his mom picks him up, Armond admits the party was not easy, but he feels good that he faced the challenge—and that he's a good friend.

Arnie and His School Tools: Simple Sensory Solutions That Build Success. Jennifer Veenendall (2008)

Grades K-5. Introduces elementary students to basic sensory tools used to help children focus in classroom settings, such as fidgets, chewy pencil toppers and weighted vests. (45 pages)

Arnie and the New Kid. Nancy Carlson (1990)

Grades K-3. When an accident requires Arnie to use crutches, he begins to understand the limits and possibilities of his new classmate, who has a wheelchair (14 pages)

Arnold Gets Angry. Lawrence E. Shapiro (2004)

Ages 4-12. Children learn about what makes them angry, and how angry behavior can get them into trouble. The book focuses on healthy ways to handle anger. (44 pages)

The ASD Feel Better Book: A Visual Guide to Help Brain and Body for Children on the Autism Spectrum. Joel Shaul. (2017)

Grades 3-7. Designed to help children on the autism spectrum develop insight into what can upset them and make them feel bad and then increase their awareness of how to make themselves feel good again.

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)

The Asperger Teen's Toolkit. Francis Musgrave. (2017)

Teens. Dealing with the everyday realities facing teens with Asperger Syndrome, this book presents a toolkit of tried-and-trusted ideas to help them work through difficulties and find the solutions that work best for them.

The Asperkid's Secret Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome. Jennifer Cook O'Toole. (2013)

Adolescents. Social skills book with respectful, funny insights written "for Aspies by an Aspie." Includes illustrations, logic and practice sessions.

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)

The Autism Acceptance Book: Being a Friend to Someone with Autism. Ellen Sabin (2006)

Ages 6-13. This book is much more than a book that teaches children about autism. It uses informative narrative and engaging activities to help them develop understanding, compassion, and appreciation for people different from themselves. (61 pages)

Autism: Being Friends (DVD)

Awareness video for children.

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 Vision: Creating Classroom Connections for Children with Autism. (DVD & VHS) (2007) (14 minutes)

Ages 8-11. Developed to foster the social inclusion of children with Autism in general education.

Autism Vision: Creating Classroom Connections for Teens with High-Functioning Autism and Asperger Syndrome. (DVD) (2007) (14 minutes)

Ages 12-15. Developed to foster the social inclusion of teens with HFA or Asperger Syndrome in general education.

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".

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.

A Bad Case of Tattle Tongue. Julia Cook (2006)

Ages 5-10. This book teaches children the difference between tattling and telling. (32 pages)

Be Polite and Kind. Cheri J. Meiners (2004)

Ages 4-8. When children are kind, courteous, and respectful, people enjoy being around them and reciprocate with the same behavior. This book helps kids understand the importance of showing politeness, speaking kindly, using basic courtesies (35 pages)

Because You Are My Friend. (DVD) (5 minutes)

Narrated by a child, this cartoon-like video provides young children with a simple and clear understanding about epilepsy.

Becca and Sue Make Two. Sandra Haines (1995)

Grades Pre K-2. Becca and Sue want to be in the school talent show together. With practice and cooperation they find that "together we're better." (32 pages)

The Behavior Survival Guide for Kids: How to Make Good Choices and Stay Out of Trouble. Thomas McIntyre

Ages 9-12. Kids who are labeled BD (or ED, EBD, or SED) struggle every day—with their peers, teachers, parents, and themselves. It's no fun to be labeled, and nobody wants to have behavior problems. This book can help them improve their behavior and their lives. (176 pages)

Being Me: A Kid's Guide to Boosting Confidence and Self-Esteem. Wendy L Moss, PhD. (2011)

Ages 9 and up. Tips and Advice for taking on everyday challenges and for building up confidence and self-esteem. (112 pages)

Best Friends on Wheels. Debra Shirley. (2008)

Ages 5-8. A book for children everywhere to see that, beyond every disability, is a person just like them – a person who might just be their new best friend.

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

Betty Stops the Bully. Lawrence E. Shapiro, PhD (2004)

Ages 8 and up. This book teaches children just what to do when confronted with a bully. The book also helps children who are bullies learn new social skills and encourages children who are bystanders to seek adult help. (44 pages)

Beyond the Blues: A Workbook to Help Teens Overcome Depressions. Lisa M Schab (2008)

Teens. The forty exercises in this book show teens how to overcome feelings of hopelessness and isolation that often go along with depression. Step-by-step they learn how to lift their mood, recognize the triggers of depression, and ask for help when they need it. (173 pages)

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)

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)

Blue Cheese Breath and Stinky Feet: How to Deal with Bullies. Catherine Depino (2004)

Ages 6-12. Fictional consumer text tells a story about a young boy in school being bullied by a classmate. Offers advice and recommendations on how children can stand up to bullying without fighting. (48 pages)

Boy On the Bus. Diana Loski (1994)

Grades Pre-K-3. Cory has trouble concentrating. Margo is worried about her neighbor after he falls and hurts himself. She discovers Cory has ADD and only needs a little extra attention to help him stay on track. Margo's friendship helps Cory feel better about himself. (28 pages)

The Boy Who Grew Flowers. Jen Wojtowicz (2005)

Grades 1-3. Rink's grandmother was raised by wolves, his Uncle Dud tames rattlesnakes, and Rink grows beautiful flowers all over his body when the moon is full. Townspeople just don't understand the Bowagons. But one day a new girl named Angelica arrives at Rink's school, and he soon discovers she has some unique qualities too. (32 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)

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)

Buddy's Shadow. Shirley Becker (1991)

Juvenile. Buddy, who is five, has Down Syndrome, and is in need of a friend all his own, saves his money and buys a puppy (15 pages)

A Buffet of Sensory Interventions: Solutions for Middle and High School Students with Autism Spectrum Disorders. Susan Culp (2011)

Teens. Teaches teens with autism spectrum disorders to take ownership of their sensory needs by self-advocating and self-regulating as they transition into adulthood. (150 pages)

Building Forever Friendships: Strategies to Help Your Friend with Autism or other Special Needs at School. Rachel Morgan. (2013)

School Age. Strategies for being a good friend, not just to kids with autism, but everyone.

Bullies Are a Pain in the Brain. Trevor Romain (1997)

Ages 8 and up. A serious yet humorous guide to dealing with bullies. (112 pages)

Bullies are a Pain in the Brain: Promoting Social and Emotional Fitness for Kids. (DVD) (2008) (30 minutes)

Ages 8 and up. Using humor, original music, and a fast paced storyline, this video offers kids practical, easy-to-implement solutions for dealing with their own bully problems.

Bully for You. (1991)

Grades 2-6. Whether you are a bully, follow a bully, or are bullied yourself, this book is for you. It tells you how to do it, why you do it, and how to deal with bullies (14 pages)

A Button In Her Ear. Ada Bassett Litchfield (1976)

Ages 5-9. Story about Angela, a school-age child who misinterprets what people say to her. Her hearing loss is described from the initial diagnosis, audiology testing and fitting of a hearing aid to final daily living and acceptance. (32 pages)

Bystander Power: Now with Anti-Bullying Action. Phyllis Kaufman Goodstein & Elizabeth Verdick. (2012)

Ages 8 & Up. Teaches kids how to safely stand up against bullying, support kids who are targeted, and spread the word that bullying is not cool—it's cruel. (128 pages)

The Cage of the Different People: A Story of Brotherly Love. Benjamin Valdivia. (2012)

School Age. Little Carla does not move as fast as the other children in school. Instead of helping her, they separate her from the games. Soon she is forced to stay in a cage built by the school to keep her safe from the running and playing in the playground. This only makes her feel more left out. If all of us are different, why keep Carla apart? Can her brother Alex make the others see that everyone is different in his own way? (48 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.

Cat's Got Your Tongue? A Story for Children Afraid to Speak. Charles E. Schaefer, PhD. (2000)

Ages 4-8. Anna stops speaking when she starts kindergarten until her parents and a therapist patiently help her overcome her anxiety (14 pages)

Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse. Kyle Keegan.

Teens. Discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help.

The Chameleon Kid: Controlling Meltdown Before He Controls You. Elaine Marie Larson. (2008)

School aged. Uses short verses to present the various reactions that the bad guy Meltdown can cause, followed by advice for how the Chameleon Kid can adapt his emotions and attitudes to prevent Meltdown from taking over. In the process, readers learn various methods of self-regulating their emotion.

Cliques, Phonies & Other Baloney. Trevor Romain & Elizabeth Verdick. (2018)

Ages 8-13. Uses humor, fun cartoons, and kid-friendly language to explain what cliques are, why being phony is baloney, why true friends don't exclude others online or in real life, what's more important than popularity—and how to navigate it all.

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)

Cosmo Gets An Ear. Gary Clement (1994)

Ages 4-8. Little boy helps families or friends understand what it's like to wear a hearing aid. (46 pages)

David and the Worry Beast: Helping Children Cope with Anxiety. Anne Marie Guanci (2007)

Ages 4 and up. Teaches children how to deal with anxiety. (48 pages)

Diary of a Social Detective: Real-life Tales of Mystery, Intrigue and Interpersonal Adventure. Jeffrey E Jessum, PhD. (2011)

Ages 9 and up. While enjoying a good story, kids learn how to reflect upon themselves as they observe others; how to read body language and social cues; how to deal with bullies and loudmouths. (295 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 Behave Like You Live in a Cave. Elizabeth Verdick. (2010)

Ages 8-13. Full-color cartoons and humorous, kid-friendly text teach kids how to make smarter choices about how they behave at home and at school so they stay out of trouble, feel good about themselves and their choices, and get along better with family, friends, and teachers.

Don't Laugh At Me. Steve Seskin & Allen Shamblin (2002)

Grades K-3. For anyone who's been bullied – or even been a bully themselves – it's time to change your tune. Includes a CD. (21 pages)

Don't Pop Your Cork on Mondays! The Children's Anti-Stress Book. Adolph Moser (1988)

Ages 9-12. Explores the causes and effects of stress and offers practical approaches and techniques for dealing with stress in daily life (41 pages)

Don't Rant and Rave on Wednesday: The Children's Anger Control Book. Adolph Moser, Ed.D (1994)

Ages 9-12. Explains the causes of anger and offers methods that can help children reduce the amount of anger they feel. He also gives effective techniques to help young people control their behavior, even when they are angry. (61 pages)

Don't Squeal Unless It's a Big Deal: A Tale of Tattletales. Jeanie Franz Ransom (2005)

Ages 4-8. Helps kids learn when telling is appropriate and when it is merely squealing. (13 pages)

Dude, That's Rude: Get Some Manners. Pamela Espeland & Elizabeth Verdick. (2007)

Ages 8-13. Full-color cartoons and kid-friendly text teach the basics of polite behavior in all kinds of situations—at home, at school, in the bathroom, on the phone, at the mall, and more.

The Early Prevention Storybook Series. (2001)

Grades Pre K- 4. In each book in this series, an animal loses the very thing he or she is known for and then regains it with the help of some simple, but sound, advice.

The Hyena Who Lost Her Laugh (attitude) (53 pages)**The Penguin Who Lost Her Cool (anger) (59 pages)****The Bear Who Lost His Sleep (worry) (53 pages)****Eddie Enough! Debbie Zimmet (2001)**

Grades K-4. Meet Eddie Minetti, human whirlwind and third-grader. He thinks, moves, and speaks quickly and it often gets him into trouble. One day at school, Eddie arrives late on account of forgetting his lunch, misses part of his spelling test, is accused of cheating, knocks over things, and loses the classroom's pet rat...and that's only part of the morning! His exasperated teacher, Mrs. Pinck, says, "I've had enough, Eddie, enough!" That's all it takes, and soon the entire class is taunting Eddie with his new nickname, Eddie Enough. Eddie feels pretty awful, but the day isn't over yet. More out-of-control behavior lands him in the principal's office. Mr. Thomas recognizes Eddie for what he is: a good kid who can't help being "too much." With medication and support from doctors, his parents, and his teacher, Eddie is happier as he begins to slow down and manage his behavior. In fact, he's no longer Eddie Enough, he's Eddie Just Right! (42 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)

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.

Emily is Being Bullied, What Can She Do?: A Story and Anti-Bullying Guide for Children and Adults to Read Together. Helen Cowie, Harriet Tenebaum & Ffion Jones. (2019)

Ages 7-11. As well as the perspective of the child being bullied, this guide portrays the view of bystanders and the bully, emphasizing the difference everyone can make in a bullying situation.

Emmanuel's Dream: The True Story of Emmanuel Ofose Yeboah. Laurie Ann Thompson & Sean Qualls. (2015)

Ages 4-8. Born in Ghana, West Africa, with one deformed leg, he was dismissed by most people—but not by his mother, who taught him to reach for his dreams. As a boy, Emmanuel hopped to school more than two miles each way, learned to play soccer, left home at age thirteen to provide for his family, and, eventually, became a cyclist. He rode an astonishing four hundred miles across Ghana in 2001, spreading his powerful message: disability is not inability.

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.

Evan & Me: A Story of Autism and Love. Mary Karsten Hebrank (2010)

Grades K and up. Heartwarming narrative of a young girl's love for her twin brother with autism. (32 pages)

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)

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)

Everybody has Something Slightly Askew. Sally Huss (2018)
Funny rhyming children's picture book about kids and their differences.

Everything I Do You Blame on Me! A Book to Help Children Control Their Anger. Allyson Aborn (1994)
Ages 9-12. Eddie is an angry child who encounters trouble wherever he goes. Helps children develop solutions to their anger issues. (92 pages)

An Exceptional Children's Guide to Touch: Teaching Social Boundaries and Physical Boundaries to Kids. Hunter Manasco. (2012)
Grades K & Up. Friendly picture book explains in simple terms how to tell the difference between acceptable and inappropriate touch, helping children with special needs stay safe. (64 pages)

Facing Fear Without Freaking Out: Promoting Social and Emotional Fitness for Kids. (DVD) (2008) (30 minutes)
Grades K-5. Using laughter, great music and hair-raising chills, this episode offers practical advice on overcoming fears.

Feeling Left Out. Kate Petty and Charlotte Firmin (1991)
Grades Pre-K -2. New to the neighborhood, Chris feels left out of various games and social events (10 pages)

Feeling Angry. Kay Barnham. (2017)
Elementary. Uses humor and compassion to show children how to help others—and themselves—feel better when dealing with challenging emotions.

Feeling Worried. Kay Barnham. (2017)
Elementary. Uses humor and compassion to show children how to help others—and themselves—feel better when dealing with challenging emotions.

Fighting Invisible Tigers: A Stress Management Guide for Teens. Earl Hipp (1995)
Ages 11 and up. Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives. (144 pages)

Fitting In and Having Fun: Social Skills Training Video Series - Vol. 1 (DVD)
Provides information that can help children connect their own behavior to the responses they are receiving from their peers through "What They're Thinking" insight windows.

Fitting In and Having Fun: Social Skills Training Video Series - Vol. 2 - Moving on to Middle School (DVD)
Gives tips and advice on how students can handle the many new and complex situations that commonly arise in middle school.

Fitting In and Having Fun: Social Skills Video Modeling Series - Vol. 3 - Confident and in Control (DVD)
Provides information that can help children connect their own behavior to the responses they are receiving from their peers through "What They're Thinking" insight windows.

Fitting In and Having Fun: High School Life - Vol. 4 (DVD)
This video modeling DVD follows a teen named Jon as he learns to navigate high school by becoming more aware of the unspoken rules his teachers and peers expect him to know.

A Five is Against the Law! Social Boundaries: Straight Up! An Honest Guide for Teens and Young Adults. Kari Dunn Buron (2007)
Young Adult. Takes a narrower look at challenging behavior with a particular focus on behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries. (47 pages)

Friends at School. Rochelle Bunnett (1995)

Ages 4-8. Shows that given the opportunity, children readily accept each other's differences. Emphasizes in a relaxed, natural way that even though some children may look different and have different abilities, all children like to do the same things (29 pages)

Get Organized Without Losing It. Janet Fox (2006)

Ages 9-12. Kids today have a lot to keep track of and keep organized. Schoolwork, friends, activities, chores rooms, backpacks, lockers, desks and what about fun? Includes help for kids who want to manage their tasks, their time, and their stuff without going overboard or being totally obsessed. (105 pages)

Good Answers to Tough Questions About Death. Joy Berry (1990)

Grades 3-6. Answers many questions that children have about death (48 pages)

The Goodenoughs Get In Sync. Carol Stock Kranowitz (2004)

Ages 8-12. Tale of five family members and their naughty dog (each with a different sensory processing challenge) and how they get in sync after a tough day (89 pages)

Hands Are Not for Hitting. Martine Agassi, PhD (2000)

Preschool. This title offers youngsters an alternative to hitting and other forms of hurtful behavior, guiding them to a more peaceful and positive outcome in their dealings with other children. (24 pages)

The Handstand. Barry Rudner (1990)

Grades 1-3. The Littlest Tall Fellow along with a friend learns that everyone is an equal (26 pages)

Heartprints. P.K. Hallinan (1999)

Grades K-6. It is easy to leave a heartprint. Just do something kind for someone else. It doesn't have to be a big thing; a smile or a hug will leave a heartprint, too! (10 pages)

Help4DD @High School. Kathleen Nadeau PhD (1998)

Teenagers. Short, easy-to-read information-packed sections. Includes tips on studying, ways the high school can help you succeed, tips on getting along better at home, on dating, exercise and more. (119 pages)

Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies. Janis Silverman. (1999)

School Age. An art therapy and activity book for children coping with death. (32 pages)

How Can I Be A Good Friend to Someone With Autism / Choosing to Be A GFF (Good Friend Forever). (DVD) (2 films, 16 minutes each)

Grades K-5 & 6-8. Two films that promote autism awareness and acceptance by showing students what it is like for their peers with autism and how they can interact with them.

How Katie Got a Voice, and a Cool New Nickname. Patricia L Mervine. (2012)

School aged. Katie has significant physical disabilities which make her dependent on a Personal Care Assistant for everything, even communicating. When Katie is introduced to assistive technology, she is finally able to communicate with her new friends. As a result, the students are delighted to see her as a person with many interests and abilities, just like them. (40 pages)

How Rude: The Teenagers' Guide to Good Manners, Proper Behavior, and Not Grossing People Out. Alex J Packer, PhD. (1997)

Teens. This etiquette book keeps you laughing as you learn the basics of polite behavior in all kinds of situations. (472 pages)

How to Be a Friend: A Guide to Making Friends and Keeping Them. Laurie Krasny Brown & Marc Brown (1998)

Ages 5-10. Dinosaur characters illustrate the value of friends, how to make friends, and how to be and not to be a good friend (31 pages)

How to be Human: Diary of an Autistic Girl. Florida Frenz (2013)

Ages 7-12. With powerful words and pictures Florida Frenz chronicles her journey figuring out how to read facial expressions, how to make friends, how to juggle all the social cues that make school feel like a complicated maze. 40 pages

How to Do Homework Without Throwing Up. Trevor Romain (1997)

Grade 3-6. Contrary to what children believe, homework is not meant to make them miserable. It is a serious business, however, and one of the great things about it is that "you get to do it at home." (67 pages)

How to Handle Bullies, Teasers and Other Meanies. Kate Cohen-Posey (1995)

Grades 4-7. Every young person will need this book at some time in his or her life! Covers annoying name calling, vicious prejudice, explosive anger, dangerous situations, and causes of difficult behavior. (91 pages)

How to Lose All Your Friends. Nancy Carlson. (1994)

Pre-School. Light-hearted look at bratty behavior that will have children laughing in recognition while learning exactly how not to behave.

How to Take the GRRRR Out of Anger. Elizabeth Verdick and Marjorie Lisovskis (2003)

Ages 9-12. Anger is a part of life. We can't avoid it, we shouldn't stuff it, and we can't make it go away. Kids need help learning how to manage their anger. This book speaks directly to kids and offers strategies they can start using immediately. (128 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)

Hunter and His Amazing Remote Control. Lori Ann Copeland. (2015)

Ages 4-8. In this full-color, illustrated storybook, Hunter teaches students how he learned to use his very special remote control to become more successful.

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 Believe You Said That: My Story About Using My Social Filter...Or Not. Julia Cook. (2014)

Ages 4 & Up. Offers help for children who say inappropriate things.

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 Don't Want to Go to the Toilet. Nina Ollikainen (2011)

Pre-school age. Two stories for preschoolers - one on peeing and one on pooping - and a guidance section for parents. 45 pages.

I Hate Everything: A Book About Feeling Angry. Sue Graves. (2013)

Ages 4-8. Uses cheerful brightly illustrated stories to help kids understand how their emotions and actions are related—and how they can learn to manage both.

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 a Question About Death: A Book for Children with Autism Spectrum Disorder or Other Special Needs. Arlen Grad Gaines & Meredith Englander Polsky. (2017)

Ages 5-11. Uses straightforward text and images to walk children through what it means when someone dies, as well as ways they might want to react or to think about the person. 39 pages.

I Have a Question about Divorce: A Book for Children with Autism Spectrum Disorder or Other Special Needs. Arlen Grad Gaines & Meredith Englander Polsky. (2018)

Ages 5-11. Using a question and answer format, it explores the changes and feelings a child may experience during a divorce, and provides ideas to help cope with this life change. 39 pages.

I Just Don't Like the Sound of No: My story about accepting "No" for an answers and disagreeing the right way. Julia Cook. (2012)

Grades K-6. Helps readers laugh and learn along with RJ as he understands the benefits of demonstrating these social skills both at home and in school. (32 pages)

I Just Want to Do It My Way! My Story About Staying on Task and Asking for Help. Julia Cook. (2013)

Ages 5-12. Follow RJ as he learns he can save himself a lot of grief if he stays on task and does things the right way!

I Like Me. Nancy Carlson (1990)

Grades Pre-K-3. By admiring her finer points and showing that she can take care of herself and have fun even when there's no one else around, a charming pig proves the best friend you can have is yourself (32 pages)

I Like Your Buttons! Sarah Marwil Lamstein (1999)

Ages 4-8. One day, Cassandra's teacher wears a blouse with glittery buttons. I like your buttons, Ms. Sutton-Jones, Cassandra says. So begins a chain of good feelings that spreads through the school, out into the playground, and around the neighborhood until it ends with the happiest surprises (29 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 Said No! A Kid-to-Kids Guide to Keeping Private Parts Private. Zack & Kimberly King. (2010)

Ages 4 & Up. Written from a kid's perspective, this book uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use.

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 Deaf and It's OK. Lorraine Aseltine, et al (1986)

Ages 4-8. A young boy describes the frustrations caused by his deafness and the encouragement he receives from a teenager who is also deaf that he can lead an active life. (40 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)

In His Shoes: A Short Journey Through Autism. Joanna L Keating-Velasco. (2008)

Ages 11-15. Readers join Nick, a 13 year old boy with severe Autism, during his transition from elementary to middle school, they share his challenges and celebrate his successes both at home and at school.

In My World. Jillian Ma. (2017)

Preschool- Grade 5. A simple, heartfelt story that follows the life of a child with autism through his imaginative journey as he seeks to be accepted, loved, and celebrated for his strengths and abilities. 29 pages

It's Haircut Time: How One Little Boy Overcomes his Fear of Haircuts. Michele Griffin. (2012)

Ages 4-8. Go along with one nervous little boy, as he faces a day he DREAMS – Haircut Day! This story fosters communication, tolerance and understanding between parent and child. (36 pages)

It's Hard to Be A Verb! Julia Cook. (2008)

Ages 9 and up. Louis has a lot of trouble focusing and he is always doing something, but the problem is usually it's the wrong something. Louis mom teaches him how to focus by showing him a few hands on ideas that anyone can try. (32 pages)

It's Potty Time!. PBS Kids (DVD) (2017) (60 minutes)

Tackle potty training with some of your favorite PBS KIDS friends.

Jarvis Clutch- Social Spy. Mel Levine (2001)

Ages 9-12. Learn about social cognition as Jarvis spies on himself and the students at his middle school. (198 pages)

Join In and Play: Learning to Get Along. Cheri J Meiners (2004)

Ages 4-8. It's fun to make friends and play with others, but it's not always easy to do. You have to make an effort, and you have to know the rules—like ask before joining in, take turns, play fair, and be a good sport. (35 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.

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.

Kibbles Rockin' Clubhouse: Expressing Yourself - vol 1 (DVD) (40 minutes)

Preschool. Learn social skills through creative visuals, peer modeling and fun songs.

Kids Corner: Kid-To-Kid Book Series:

Grades K-2. These books are written from a kid's point of view, in a kid's voice, and with a kid's sense of humor. (Each book is 31 pages)

Excuse Me: Being Polite.

I Don't Care: Showing Respect

I Feel Angry

I Feel Bored

I Feel Bullied

I Feel Happy

I Feel Frightened

I Feel Jealous

I Feel Lonely

I Feel Sad

I Feel Shy

I Feel Worried

I'll Do It! Being Responsible

Why Wash

Know the Code at School: Social Standards at School Program. (DVD) (2003) (6 segments, 83 minutes)

Elementary. Social skill training program presents social skills in a lively, story-based format.

The Last Bedtime Story That We Read Each Night. Carol Gray. (2012)

Ages 3-8. Every child begs for "one more story" before bed. By clearly and warmly stating that this is *The Last Bedtime Story*, they know there are no more stories to be begged for. (32 pages)

Let's Get Real. DVD (2003)

Grades 6 and up. Powerful documentary where youth speak up about name calling and bullying.

Let's Talk About Being in Special Ed. Diane Jordan. (2012)

Elementary. This easy-to-read book allows parents, teachers, and students to demystify special education. (32 pages)

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)

Lucas the Lion Loves the Tiny Talker. Ryan Rollen & Brittani Rollen. (2018)

Preschool. The Tiny Talker Method helps children with communicative disabilities learn to use an augmentative and alternative communication (AAC) device in a more natural way. By pairing the device with a storybook, children are able to see the symbols in the story, touch the corresponding sound buttons on their Tiny Talker device, and hear the device's response.

Making Friends is an Art. Julia Cook. (2012)

Grades K and up. Teaches kids of all ages how to practice the art of friendship and getting along with others. Included in the book are tips for parents and teachers on how to help children who feel left out and have trouble making friends. (32 pages)

Manners for the Real World: Basic Social Skills (DVD) (2008) (44 minutes)

Teens. Guide to the right manners and behaviors for common social situations, with straightforward instructions and clear demonstrations.

Manners Matter!: Temple Talks to Kids. Veronica Zysk. (2018)

Grades 1-6. Temple steps away from the world of adults and talks directly to kids themselves, sharing her experiences living with and growing up with autism in kid-friendly language and colorfully illustrated stories and characters. 43 pages.

Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia. Kurt Snyder.

Teens. Explains how to recognize warning signs, where to find help, and what treatments have proved effective.

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.

Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder. Patrick Jamieson. (2006)

Teens. First-person account, aimed at teens who have recently been diagnosed with bipolar disorder, informative in a compassionate, good-humored, yet authoritative manner.

Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression. Cait Irwin. (2007)

Teens. Compelling memoir and a useful resource that will help to ease the pain of major depression.

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 Body Belongs to Me. Jill Starishevsky. (2008)

Ages 3-5. Guide teaches kids that when it comes to their body, there are some parts that are for "no one else to see" and empowers them to tell a parent or teacher if someone touches them inappropriately. (32 pages)

My Body Is Mine, My Feelings Are Mine: A Storybook About Body Safety for Young Children with an Adult Guide Book. Susan Hoke (1995)

Ages 3-8. Teaches young children the most important information about protecting themselves from the possibility of sexual abuse. (78 pages)

My Body is Private. Linda Walvoord Girard. (1984)

Ages 6-10. A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private (23 pages)

My Brother is Artistic: A Brother's View of Autism. Jane Webb (2012)

Ages 5 and up. A young boy learns to understand autism through learning to understand his older brother with autism. (30 pages)

My Brother Charlie. Holly Robinson Peete & Ryan Elizabeth Peete. (2010)

Ages 6 and up. Actress and national autism spokesperson Holly Robinson Peete collaborates with her daughter on this book based on Holly's 10-year-old son, who has autism. (40 pages)

My Feeling Better Workbook: Help for Kids Who are Sad and Depressed. Sara Hamil (2008)

Elementary. Workbook that helps kids explore their feelings and combat their negative self-talk that depletes their motivation and self-esteem. (122 pages)

My Mouth is a Volcano. Julia Cook (2005)

Ages 4 and up. Louis always interrupts! But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk. (32 pages)

My New School: A Workbook to Help Students Transition to a New School. Melissa L. Trautman (2010)

All grades. Helps children understand all of the issues related to moving to a new school while empowering them to learn new skills, make a plan, and carry it out. (71 pages)

My Service Dog: One Way a Boy Got Help with His Sensory Processing Disorder. Cindy M Jusino. (2013)

Grades K and up. This book is based on a true story of a boy that received a service dog to help with his Sensory Processing Disorder. (26 pages)

My Social Stories Book. Carol Gray (2002)

Ages 2-6. Taking the form of short narratives, the stories in this book take children step-by-step through basic activities, such as brushing your teeth, taking a bath and getting used to new clothes. Also helps children to understand different experiences such as going to school, shopping and visiting the doctor. (150 pages)

No More Victims: Protecting Those with Autism from CyberBullying, Internet Predators & Scams. Dr. Jed Baker. (2013)

Teens. Students will learn what to look out for, whom to avoid, and how to protect themselves when they're communicating online.

On Being Sarah. Elizabeth Helfman (1993)

Grades 5-9. Twelve-year-old Sarah has cerebral palsy, which prevents her from walking and talking as other kids do, but she wants the same things as others her age — good friends, a special boy friend. Communicating with the help of a symbol board on her wheelchair, she shares her view of the world with readers. (173 pages)

On Your Own: A College Readiness Guide for Teens with ADHD/LD. Patrica O Quinn & Theresa E Laurie Maitland (2011)

Teens. Strategies that will allow you to map out a plan and cultivate the skills (self-determination, daily living, academic) needed to succeed in college. (128 pages)

Once Upon an Accommodation: A Picture Book for all Ages. Nina G. (2013)

Ages 8 and up. Matt finds out that he has a Learning Disability but doesn't know what that means. He soon finds out that he is smart and with the right accommodations, advocacy and support he can realize his dreams. (28 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)

Our Friendship Rules. Peggy Moss & Dee Dee Tardif. (2011)

Ages 5 & Up. When Alexandra realizes what it feels like to lose her best friend, and sees the hurt she's caused, she knows she has to figure out a way to regain the relationship that's far more important to her than being invited to sit with the popular girls.

Out of My Mind. Sharon M Draper. (2011)

Ages 10 and up. Melody cannot walk or talk, but she has a photographic memory; she can remember every detail of everything she has ever experienced. She is smarter than most of the adults who try to diagnose her and smarter than her classmates in her integrated classroom—the very same classmates who dismiss her as mentally challenged, because she cannot tell them otherwise. But Melody refuses to be defined by cerebral palsy. And she's determined to let everyone know it...somehow. (320 pages)

Outsmarting Worry: An Older Kid's Guide to Managing Anxiety. Kara McHale. (2017)

Ages 9-13. Teaches kids and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears.

Pedro's Whale. Paula Kluth & Patrick Schwarz. (2010)

Grades K-3. Story of a young boy with autism whose special interest is incorporated into the curriculum to help him and the other children learn. (26 pages)

People. Peter Spier (1980)

Ages 4-8. Emphasizes the differences among the four billion people on earth. (48 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)

Please Pass the Manners: Etiquette for Children and Teens. Barbara Buck & Kathleen Satori. (2005)

Ages 8 & up. Offers a fun, creative and friendly approach to learning proper etiquette. (127 pages)

Point to Happy: A Book for Kids on the Autism Spectrum. Miriam Smith & Afton Fraser. (2011)

Ages 2 and up. Combines a picture book and a pointer to create a breakthrough in reaching children who communicate best through pictures.

The Power of One. DVD

Elementary. Features three stories centering on a new kid at school and the lessons they bring to the other kids about fairness, kindness and respect. 24 minutes.

The Princess and the Ruby: An Autism Fairy Tale. Jewel Kats (2012)

Grades K - 3. Both fun and education are cleverly weaved in this magical tale, teaching children to be comfortable in their own skin and to respect the differences of others. "From the Fairy ability tales series."

Quinn at School: Relating, Connecting, and Responding at School. Rick H. Warren (2011)

Ages 3-7. Interactive activates, based on evidence-based best practices teach how Quinn learns the "ropes" of social interactions at school. Includes poster and CD-ROM. (121 pages)

Quit It. Marcia Byalick. (2002)

Ages 8 and up. Story about Carrie, a seventh-grader, diagnosed with Tourette Syndrome.

Rachael, Being Five. (DVD) (28 minutes)

Ages 4-8. Follows a year in the life of Rachael, who has cerebral palsy. Excellent viewing for young children, teachers and support groups focusing on special education, disability awareness.

Rachael in Middle School. (DVD) (28 minutes)

Ages 8 and up. An extraordinary opportunity to see Rachael six years later as she enters middle school. Still an amazingly charismatic young person, Rachael is beginning to have trouble keeping her work organized, or maybe she's just like everyone else trying to keep her assignments straight.

Real Life Teens: Teens & Disabilities. (DVD) (2007) (18 minutes)

Grades 8-12. Teens learn the many different ways in which disabilities can manifest in people and how they should treat and react to other teens with disabilities.

Relationship Skills 101 for Teens: Your Guide to dealing with Daily Drama, Stress & Difficult Emotions Usind DBT. Sheri Van Dijk. (2015)

Teens. Offers powerful tools based in dialectical behavior therapy (DBT) to help you regulate your emotions so you can build better relationships with your parents, friends, and peers.

Respect: A Girl's Guide to Getting Respect & Dealing When Your Line is Crossed. Courtney Macavinta & Andrea Vaner Pluym. (2005)

Teen. Helps teen girls get respect and hold on to is no matter what—at home, at school, with their friends, and in the world.

The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse. Sandy Kleven. (1998)

Ages 4 and up. In the story, young Jimmy's mom explains the difference between touches that are positive and touches that are secret, deceptive or forced. She tells him how to resist inappropriate touching, affirming that abuse is not the child's fault. (30 pages)

Rolling Along: The Story of Taylor and His Wheelchair. Jamee Riggio Heelan (2000)

Grades K-3. Explains how having cerebral palsy affects Taylor, and how getting a wheelchair makes a big difference in helping him get around, do things by himself, and even play basketball with his twin Tyler (29 pages)

Russell's World: A Story for Kids About Autism. Charles A Amenta III (2011)

Ages 5 and up. Step into Russell's world for an inside look at a real-life family as they share the surprises and challenges that can come with autism. (40 pages)

The Safe Side - Stranger Safety: Hot Tips To Keep Cool Kids Safe With People They Don't Know And Kinda Know (DVD) (2005) (36 minutes)

Ages 4 & Up. The Safe Side's "Safe Side Super-Chick" is a decidedly zany host who successfully combines slapstick humor with serious, practical safety tips for kids.

See You Later, Procrastinator: Get It Done. Pamela Espeland & Elizabeth Verdick (2008)

Ages 8-13. Full-color cartoons and kid-friendly text teach kids how to get motivated, stay motivated, and get things done.

Share and Take Turns. Cheri Meiners (2003)

Ages 4-8. Explains what sharing means and provides examples of different ways that two people can share what they both want, such as taking turns, dividing things, or playing together (35 pages)

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.

Signing Time! Songs (cd)

Songs from volumes 1-3.

Social Fortune or Social Fate: A Social Thinking Graphic Novel Map for Social Quest Seekers. Pamela Crooke & Michelle Garcia Winner. (2011)

Ages 12-17. The core of the book consists of 10 social scenarios, each one scenario is played out through the lens of Social Fortune or Social Fate by demonstrating visually how a situation can change quickly based on how someone reacts within it. Every scenario begins with a mini-story told through a four pictured comic strip which then leads the protagonist to a decision making point. If the decision made leads to others feeling good and ultimately the character feeling good about him or herself, this will be represented as "social fortune." However, if the protagonist makes a decision that traps him/her and peers/adults in an uncomfortable or frustrating situation, this leads to "social fate." (82 pages)

Social Media and Mental Health: A Guide for Teens. Dr. Claire Edwards (2018)

Teens. This illustrated teen's guide to surviving social media will offer handy tips on what platforms are out there, outline how and why social media can affect your mental health, and give you tips on how to keep yourself safe online.

Social Rules for Kids: The Top 100 Social Rules Kids Need to Succeed. Susan Diamond (2011)

Ages 7-14. Gives easy-to-follow social rules accompanied by why and how we follow them. (131 pages)

Social Skills Comics: Conversation Skills in School. Michael Canavan. (2012)

Ages 7-12. 25 comics are designed to show children the expected and unexpected ways to behave in a variety of typical schools social situations. (106 pages)

Social Thinking Worksheets for Tweens and Teens: Learning to Read in Between the Social Lines. Michelle Garcia Winner (2011)

Ages 10-14. Worksheets to help students explore concepts such as learning about other's perspectives, problem solving, emotion regulation, coping with your inner boss and more. (189 pages)

Socially Curious and Curiously Social. Michelle Garcia Winner & Pamela Crooke (2009)

Teens. This anime-illustrated guidebook is written for teens and young adults to learn how the social mind is expected to work in order to effectively relate to others at school, at work, in the community and even at home. (209 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)

SPIN Abilities: A Young Person's Guide to Spina Bifida. Marleen Lutkenhoff & Sonya Oppenheimer (1997)

Teenagers. Offers practical, no-nonsense advice on managing your daily and long-term healthcare, tips on sex and relationships, and smart strategies for success at school and on the job, now and down the road for a person with Spina Bifida. (138 pages)

Stand in My Shoes: Kids Learn About Empathy. Bob Sornson. (2013)

Ages 3-7. This book teaches young children the value of noticing how other people feel.

Stars of Inclusion: Beginning with Bong (DVD) (54 minutes)

Grades 3 and up. Enter the world of six kids and forget the medical labels of cerebral palsy, spina bifida, arthrogryposis, spinal cord injury and muscular dystrophy. Ages 8-14, each one has a different story to tell about their life and education in the mainstream.

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem. Lev Raphael & Pamela Espeland (1999)

Grades 3-7. A self-help guide to positive thinking, high self-esteem, and responsible personal power. (116 pages)

Stop Bullying: Take a Stand. DVD. (2005)

Teens. Provides advice to victims, parents and bystanders. From the PBS series, In The Mix.

Straight Talk About Anger. (DVD) (15 minutes)

Grades 6-8. Young teens find ideas that resonate with their own lives and learn techniques to developing a healthy approach to controlling anger.

Straight Talk About Peer Pressure. (DVD) (14 minutes)

Grades 6-8. Helps middle school students learn how to navigate through peer situations which conflict with feelings and values.

Straight Talk About Self-Confidence. (DVD) (15 minutes)

Grades 6-8. Identifying seven basic concepts, the members of the group detail their personal experiences with a keener understanding of self-confidence.

Stress Can Really Get On Your Nerves! Trevor Romain & Elizabeth Verdick (2000)

Ages 8-13. Uses silly jokes and light-hearted cartoons along with serious advice to help readers recognize the causes of stress and its effects and learn how to handle worry, anxiety, and stress (96 pages)

Study Skills for People Who Hate to Study. Human Relations Media. (18 minutes) (DVD)

Grades 7-12. Designed to help students get organized, this program helps set goals and priorities, and allows students to stay in charge of their schoolwork.

Stuff You Need to Know: A Guide for Young Adults with Autism. Patricia Weaver (2018)

Teens. Guide to help kids and young adults with autism learn the most basic skills to achieve independence.

SUPERFLEX...A Superhero Social Thinking Curriculum. Stephanie Madrigal & Michelle Garcia Winner. (2008)

Through this comic book and curriculum, students are encourage to think about thinking and what they can to self-regulate some of their own wayward thoughts and behaviors. (Book and comic book)

Superflex takes on Glassman and the Team of Unthinkables. Stephanie Madrigal & Michelle Garcia Winner. (2009)

Grades K-5. Comic book in the Superflex series, the superhero, Superflex, swoops down to help Aiden overcome the Unthinkable, Glassman (who causes our over-reactions to small things), at just the right time: the first day of school!

Super Silly Sayings that are Over Your Head: A Children's Illustrated Book of Idioms. Catherine Snodgrass (2004)

Grades 1-4. Tool for visual learners that depicts both the literal and actual meanings of commonly used idioms in an ingenious manner that is sure to capture the attention and interest of children and adults alike. (28 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 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 Making and Being Friends. James Crist. (2014)

Ages 8-13. Practical advice covers everything from breaking the ice to developing friendships to overcoming problems.

Take Care of Your Skin, Hair and Nails! Marsh Media (DVD)

Grades K-3. The unpredictable Annie blows into Annie's Place straight from her tropical vacation, but as she soon makes clear to the Funsters, there is no vacation from taking care of our skin, hair, and nails. Approx 16 minutes.

Take Care of Your Teeth! Marsh Media. (DVD)

Grades K-3. Annie Funelli and the Funsters show students how to have fun, stay healthy and take good care of themselves. Approx 18 minutes.

Take Control of Asperger's Syndrome: The Official Strategy Guide for Teens with Asperger's Syndrome and Nonverbal Learning Disorder. Janet Price & Jennifer Engel Fisher. (2010)

Ages 10 and up. Provides tips on understanding the disorders, living with the symptoms, succeeding in school, completing homework, talking to others about strengths and needs, making friends and socializing, and using technology to connect with other kids with these disorders.

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 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)

Taking Weight Problems to School. Michelle Dean (2005)

Elementary. This book follows the journey of Tina, a likeable young girl with a weight problem. (30 pages)

Teamwork Isn't My Thing, and I Don't Like to Share. Julia Cook. (2012)

Grades K - 6. With the help of his coach, RJ learns that working as a team and sharing are skills needed not just on the soccer field, but in school and at home too! (32 pages)

The Teenager's Guide to School Outside the Box. Rebecca Greene (2000)

Grades 8-12. Greene encourages readers to think about what they are interested in and choose an opportunity to learn about it outside the classroom. (260 pages)

Test Success: Test – Taking and Study Strategies for All Students, Including Those with ADD and LD. Blythe Grossberg (2009)

Ages 12 and up. Provides multiple strategies for each type of test students must take so that the readers can choose those that they think will be most effective and best suited to their individual learning styles. (125 pages)

Thanks for the Feedback: My Story about Accepting Criticism and Compliments the Right Way. Julia Cook (2013)

Grades K-3. Parents and teachers will love taking kids on RJ's journey as he discovers feedback's many forms, and learns to accept and grow from criticism and compliments at home, school and with friends. (30 pages)

Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem. Marci Fox & Leslie Sokol. (2011)

Teens. Shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound.

This Is Gabriel Making Sense of School: A Book About Sensory Processing Disorder. Hartley Steiner (2010)

Elementary. This picture book gives teachers, parents and students a better understanding of all the seven senses, how they are each affected at school and what kinds of accommodations are necessary to help children with SPD become learning sensations. (28 pages)

The Thought That Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder. Jared Douglas Kant. (2008)

Teens. Explains how to recognize warning signs, where to find help, and what treatments have proved effective.

Tobin Learns to Make New Friends. Diane Murrell (2001)

Preschool. A great tool for learning one of the most basic social skills, this colorful picture book is quite effective in teaching social skills to children with autism, Asperger's Syndrome, and other pervasive developmental disorders. Readers follow Tobin, a train, as he learns to make friends and engage in proper social activities Preschool. (31 pages)

Too Safe for Strangers: Children's Safety Book. Robert Kahn (2001)

Elementary. This children's safety booklet will educate children and make their lives safer while entertaining them (24

Too Smart for Bullies. Robert Kahn & Sharon Chandler (2001)

Elementary. This children's safety booklet will educate children and make their lives safer while entertaining them with art and clever wording. (18 pages)

Train Your Dragon to Accept NO. Steve Herman. (2018)

Elementary. Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle Disagreement, Emotions and Anger Management.

True or False? Tests Stink! Trevor Romain & Elizabeth Verdick (1999)

Ages 8-13. Tests are hard. Tests are scary. In fact, tests stink! But no matter how kids (and parents, and teachers) feel about tests, they're part of life. (80 pages)

Try and Stick With. Cheri Meiners (2004)

Ages 4-8. Introduces children to flexibility, stick-to-it-iveness (perseverance), and the benefits of trying something new (35 pages)

Understand and Care. Cheri Meiners (2003)

Ages 4-8. Helps children to understand that other people have feelings like theirs and different from theirs. It guides children to show they care by listening to others and respecting their feelings. (35 pages)

Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings. Mary C Lamia, PhD. (2011)

Ages 9 and up. Uses cool psychology and info on emotions, real-life stories from kids, interesting facts, and feelings quizzes to help you notice what your emotions and feelings are telling you about yourself, your friends, and your family. (112 pages)

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.

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)

A Volcano In My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers. Elaine Whitehouse & Warwick Pudney (1996)

Ages 6-13. Presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. (79 pages)

The Way I am is Different: A Children's Book About a Boy with Fetal Alcohol Spectrum Disorder. Helen Simpson.

A boy describes his anxiety, fears, and discusses his struggles from an honest view point of what it is like to live with FASD in Elementary school. This book helps children understand their "different" is perfectly okay, and they are not alone.

We Can Do It! Laura Dwight (1992)

Grades K-2. Depicts children with spina bifida, Down syndrome, cerebral palsy, or blindness with the help of family and friends (30 pages)

A Week of Switching, Shifting, and Stretching: How to Make My Thinking More Flexible. Lauren H Kerstein. (2014)

School Aged. Assists children on the autism spectrum, and any child for that matter, in examining their black-and-white thinking in order to begin to think more flexibly rainbow thinking. Using repeated rhymes and illustrations, the child begins to recognize that the more flexible his or her thinking is, the better he or she is able to cope with the challenges that life presents, ultimately leading to fewer tantrums and meltdowns.

We're Different, We're the Same. Bobbi Kates (1992)

Grades Pre-K -1. Characters from Sesame Street teach young children about racial harmony. (32 pages)

Wemberly Worried. Kevin Henkes. (2000)

Ages 4-8. Wemberly worried morning, noon, and night. She about one thing most of all: her first day of school. But when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying!

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)

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 Stand For? A Kid's Guide to Building Character. Barbara Lewis (1997)

Ages 9-12. This book invites teens to explore and practice honesty, kindness, empathy, integrity, tolerance, patience, respect, and more. (276 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)

What On Earth Do You Do When Someone Dies? Trevor Romain (1999)

Ages 9-12. Describes the overwhelming emotions involved in dealing with the death of a loved one and discusses how to cope with such a situation (71 pages)

What Should Danny Do?: 9 Stories in 1. Ganit & Adir Levy. (2017)

Ages 3 and up. Written in a "Choose Your Own Story" style, the book follows Danny, a Superhero-in-Training, through his day as he encounters choices that kids face on a daily basis.

What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism. Thomas S. Greenspon, PhD

Ages 9 and up. A Guide for Kids to learn how to overcome Perfectionism by using ideas in the book. (144 pages)

What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep. Dawn Huebner. (2008)

Ages 6 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. (96 pages)

What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity. Dawn Huebner. (2007)

Ages 6 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking. (88 pages)

What to Do When You Worry Too Much. Dawn Huebner, Ph.D. (2006)

Ages 9 and up. A Kid's Guide to Overcoming Anxiety. Uses cognitive-behavioral techniques to treat anxiety. (80 pages)

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger. Dawn Huebner. (2008)

Ages 8 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. (96 pages)

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD. Dawn Huebner (2007)

Ages 8 and up. Guides children and parents through the cognitive behavioral techniques used to treat OCD. (95 pages)

What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder. Emily Ford. (2007)

Teens. Outlines the various psychotherapies available for those with SAD and explains how to seek professional help, how to talk to family and friends about the illness, and how to handle difficult social situations.

Whatsa Hygiene? Marsh Media. DVD

Grades 4-6. When members of the band are confronted with a health assignment, they don't know where to begin. "Whatsa hygiene?" asks puzzled Milt, bass guitarist for the group. The band members decide to answer this question with a song, and in the course of this entertaining video they compose words and music that will inspire young viewers to stay clean and healthy. Approx 18 minutes.

Watch Me Learn. (DVD series)

Uses video modeling to help children learn social skills, functional skills and language skills.

Vol 1 - A New Beginning

Blocks, games, object identification, greetings

Vol 2 - Let's Play!

Hide & seek, tag, drawing, simon says, washing hands, story time, singing, parade

Vol 3 - School Days

Circle time, gym, art, math, recess, bus time, lunch, packing

Vol 4 - Friends

Mother may I, catch, baking, snack time, charades, basketball, painting

Vol 5 - Riding, Hiding, Food and Fun!

Why questions, sounds around us, bike riding, eating different foods, hiding toys, what goes together

What's the Big Secret? Talking About Sex with Girls and Boy. Laura Krasny Brown (2000)

Ages 4-8. Present answers to tough questions. An introduction to sex along with the ways girls and boys differ...and are the same. (32 pages)

What's Going On Down There? Answers to Questions Boys Find Hard To Ask. Karen Gravelle, et al. (1998)

Grades 5-10. Facts about puberty, sex, and sexually transmitted diseases, and also what happens to girls during puberty are presented clearly and completely, along with answers to an assortment of related questions. (150 pages)

What's Wrong With Timmy? Maria Shriver (2001)

Ages 4-8. Making friends with a boy with intellectual disabilities helps Kate learn that the two of them have a lot in common (40 pages)

When Carrots Ruled the World. David LeBarron. (2012)

Ages 5 and up. In this quirky story, the carrots welcome everyone, even bunnies, and accept them for being exactly who they want to be!

When I Feel Afraid. Cheri Meiners (2003)

Ages 4-8. Children today have many fears, both real and imagined. Encouraging words and supportive illustrations guide children to face their fears and know where to turn for help. Little ones also learn simple ways to help themselves (35 pages)

When My Worries Get Too Big! A Relaxation Book for Children with Autism Spectrum Disorders. Kari Dunn Buron (2004)

Ages 4-8. Gives young children an opportunity to explore with parents or teachers their own feelings as they react to events in their daily lives while learning some useful relaxation techniques. (34 pages)

When Nothing Matters Anymore: A Survival Guide for Depressed Teens. Bev Cobain (1998)

Teenagers. Describes the causes and types of depression and the connections between depression, suicide, and drug and alcohol abuse. (176 pages)

When Sophie Gets Angry, Really Really Angry. Molly Bang (1999)

Ages 4-8. A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure (34 pages)

Whoever You Are. Mem Fox. (1997)

Ages 3 and up. Every day all over the world, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same. They may not speak the same language. And their lives may be quite different. (32 pages)

Whole Body Listening Larry at Home. Kristen Wilson & Elizabeth Sautter (2011)

Elementary. Teaches children how to listen with their whole body and why it is important to do so. (35 pages)

Whole Body Listening Larry at School. Elizabeth Sautter & Kristen Wilson (2011)

Elementary. Teaches children how to be whole body listeners at school. (28 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)

Why Do I Have To? A Book for Children Who Find Themselves Frustrated by Everyday Rules. Laurie Leventhal-Belfer (2008)

Elementary. Looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. (53 pages)

Why Does Izzy Cover Her Ears? Dealing with Sensory Overload. Jennifer Veenendall (2009)

Elementary. Offers helpful insights about sensory modulation disorders to students, parents, and educators. (39 pages)

Why Johnny Doesn't Flap: NT is OK. Clay Morton & Gail Morton. (2016)

Grades K-3. Turns the tables on common depictions of neurological difference by drolly revealing how people who are not on the autistic spectrum are perceived by those who are. (32 pages)

Why Me? Julie Parker (2007)

Pre-K- K. Growing up with a physical disability. (29 pages)

Wilma Jean the Worry Machine. Julia Cook. (2012)

Grades 2-5. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. (32 pages)

Words Are Not For Hurting. Elizabeth Verdick (2004)

Ages 4-7. This book teaches children to think before they speak, then choose what to say and how to say it. They learn that there is a connection between hurtful words and feelings of anger, sadness, and regret. (32 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)

You Are a Social Detective: Explaining Social Thinking to Kids. Michelle Garcia Winner & Pamela Crooke. (2008)

Elementary. Comic book that introduces the social thinking curriculum. Works through expected vs. unexpected behavior and other social concepts. (64 pages)

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.