

# Resource List for Cerebral Palsy

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

900 Hornet Dr.

St. Louis, MO 63042

314-989-8460

## **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)

## **Children and Youth with Complex Cerebral Palsy: Care and Management. (2019)**

Explores management of the many medical comorbidities these children encounter, including orthopedic concerns, mobility and equipment needs, cognition and sensory impairment, difficult behaviors, seizures, respiratory complications and nutritional challenges, among many others.

## **Children with Cerebral Palsy: A Parent's Guide. Elaine Geralis (1990)**

Professionals explain the diagnoses and treatments of the various conditions associated with cerebral palsy. Parents are offered guidance and encouragement as they adjust to the needs of their child, including daily care, educational options, legal rights and long term care.

## **The Handstand. Barry Rudner (1990)**

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

## **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)

## **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)

## **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.

## **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)

## **Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders: A Guide for Parents and Professionals. S Martin (2006)**

Guide examines the physical characteristics of cerebral palsy and similar conditions--muscle tightness and weakness, increased or decreased flexibility, abnormal reflexes, impaired sensory perception--that affect a child's ability to sit, crawl, stand, and walk

## **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)