

HSLANJ ePulse

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**HSLANJ ePULSE**

# Consumer Health Bibliography

## SUPPLEMENT

**Consumer Books  
Children's Healthcare  
Information**

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# Children's Health Information Resources

Nancy N. Forsberg, Bristol-Myers Squibb Children's Hospital

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This is a brief list of books and resources on parenting and medical related topics most requested by parents and families. There are many books and resources that detail the medical therapies and diagnosis of illness, but what most people ask for is practical advice on how to cope with family life, illness, and raising children. Also requested is how to tell other people or children about a particular health or education topic. Listed here are also some older sources, but these books are classics on the topic or have excellent general parenting information still very useful today.

## ADOPTION

***Adoption is a Family Affair!: What Relatives and Friends Must Know*** by Patricia Irwin Johnston. Perspectives Press, 0944934285

This is a great resource not only for parents adopting, but their families, and friends or co-workers as well. It answers some of the most frequently asked questions people will ask the new parents. Giving the facts and dispelling myths about adoption, this book will help anyone wanting to 'share in the joy' of someone they care about.

***Attaching in Adoption: Practical Tools for Today's Parents*** by Deborah D. Gray, Perspectives Press, 1944934293

This book is written specifically for the parents of children with 'high-risk for attachment problems'. These challenges could include neglect, grief, abuse, or substance-exposure. The practical suggestions in this book will help parents understand why attachment is important and what to do to make the experience better. There are specific sections on child development, trauma and grief, ways to balance families and protect siblings, and forming a team for support. Helpful to parents and families.

***Children with Prenatal Alcohol and/or Other Drug Exposure: Weighing the Risks of Adoption*** by Susan B. Edelstein, Washington, DC, CWLA Press, 0878686304

Although this resource was written to help professionals guide prospective parents considering adoption of substance-exposed infants, there is much additional information for parents to consider. Not only are some of the common health and developmental concerns and the medical follow-up needed discussed, but other inherent difficulties and considerations such as an adoption would bring to the couples and their families is talked about.

## ADHD, AUTISM, ASPERGER'S INFORMATION

***ADD/ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies & Activities for Helping Children with Attention Deficit Disorder*** by Grad L. Flick, Jossey-Bass, 0876281447

This is a great resource for anyone working with ADHD children. After a quick explanation of what ADHD is, and the biological components, there are separate details for exercises and programs to use. Teachers, counselors, and parents can use these guidelines in order to work as a team and assist the child to success.

***ADHD Handbook for Families: A Guide to Communicating with Professionals*** by Paul L. Weingartner. Washington, DC, Child & Family Press, 0878687505

This is another resource for families and individuals that will help them deal with the diagnosis and the feelings the diagnosis brings. Paul Weingartner is diagnosed with ADHD, and he gives examples of his own experiences of what it feels like to have ADHD. He shows how to use his real-life experiences to understand, deal with, and learn how to be successful living with ADHD. He emphasizes the neurobiological nature of ADHD and has several chapters on how ADHD is diagnosed and where to go for help. Other chapters outline behavior modification techniques and medical interventions.

***Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More: The One Stop Guide for Parents, Teachers, and Other Professionals*** by Martin L. Kutscher, M.D. Jessica Kingley Publishers, 1843108100

This book has guidelines for dealing with many syndromes. Its succinct and easy-to-read chapters include information on general principles of treatment and diagnosis, how to cope with the children's everyday needs, how teachers and others can deal with these children. Appendices include behavioral checklists and a quick executive function quiz.

***Learning To Slow Down & Pay Attention: A Book for Kids About Adhd*** by Kathleen G. Nadeau. Magination Press (American Psychological Association), 1591471559

Ages 9-12. Written for kids, this book has wonderful straightforward and easily understood explanations. Parents will want to read with their child so they both better understand and accept the practical considerations of ADHD.

***Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder*** by Patricia Q. Quinn, Magination Press (American Psychological Association) 1557987955

Ages 4-8. Another book written specifically for kids themselves with lots of practical hints, cartoon illustrations and puzzles. Parents can also gain insight into how their child feels and why he or she does what he does.

***Teenagers With ADD: A Parents' Guide*** by Chris A. Zeigler Dendy, Woodbine House, 0933149697

This is an older book from the Special Needs Collection, so some of the medical and diagnosis information has been since updated, but the practical, parenting, and how-to-deal-with-life issues are still very much needed today. Here is advice for teachers, families and professionals with such topics as parents' role in school success, parents moving beyond anger, guilt and fear, hints from teens themselves, sample behavior checklists and contracts, etc.

# Children's Health Information Resources *continued*

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## CANCER INFORMATION

***Childhood Cancer: A Parent's Guide to Solid Tumor Cancers*** by Honna Janes-Hodder, Nancy Keene, Patient Centered Guides, 0596500149

Written by two mothers who had children with cancer, this guide for parents and families will help with veteran parental advice.

***Childhood Leukemia: A Guide for Families, Friends, Caregivers*** by Nancy Keene, Patient Centered Guides, 0596500157

This is a complete parent guide useful for the practical "how do we deal with it" advice on everything connected with cancer: how to deal with hospitalizations, how to deal with family and friends who want to help, how to deal with school and teachers, how to deal with the financial problems of health care, etc. Basically advice from parents who have already been there.

***Henry and the White Wolf*** by Tim Karu, Workman Publishing, 0761121358

Henry is a sick hedgehog who undergoes treatment by the White Wolf...and the entire time Henry is being treated, he holds a smooth white stone to remind him to be brave and strong so he can finally get better. Written by a teen brother and sister, this illustrated story helps kids who are sick, friends of kids who are sick, and even kids with someone else in their family who has an illness.

***The Hope Tree: Kids Talk About Breast Cancer*** by Laura Numeroff, Simon & Schuster Books for Young Readers, 068984526X

Taken from real stories about mothers with cancer, this book helps kids deal with topics that may affect their families. Told by kids, with wonderfully warm illustrations by David McPhail, these animal stories talk about the day they found out, how you can't catch it, 'look for the good in something bad', family meetings, helping hints, and so on.

***Hospice for Care for Children*** by Ann Armstrong-Dailey, Oxford University Press, 0195133307

This is a basic reference from pediatric health care professionals talking about developmental stages of children's understanding of death, what pain is and how to deal with it. Several chapters detail how to give staff and volunteers, parents, and family members support during the process; how teachers can help these children; ethical decision making at the end of life, etc. **Especially helpful for librarians is the chapter on death-related literature for children including picture and coloring books, storybooks and texts, middle school and high school reading lists, and guidelines for adults to select and use books with these readers.**

***Johns Hopkins Children's Center: Dealing with Cancer*** [www.hopkinschildrens.org/specialties/categorypages/cancer\\_bib.pdf](http://www.hopkinschildrens.org/specialties/categorypages/cancer_bib.pdf)

Bibliography of books and videos dealing with cancer from the Family Resource Center at Johns Hopkins Children's Center, Librarian Gwen Rosen.

***Living with Childhood Cancer: A Practical Guide To Help Families Cope*** by Leigh A. Woznick, American Psychological Association, 155798722

Leigh Woznick is the mother of a cancer survivor and outlines in this book what families can do to deal with this "we disease: we got chemo today, we go back for a scan next week." It is meant to be used as a reference when a particular topic needs to be dealt with, such as reducing stress, financial burdens and concerns, building self-esteem, relieving pain, and even drying and the grief process.

***Taking Cancer to School ("Special Kids in School" Series)*** by Cynthia S. Henry, Jayjo Books, 1891383116

This is part of the Jayjo series written especially for school aged kids, parents, teachers and school nurses. In this story Max, who has leukemia, talks about his condition with friends. He meets other kids in the hospital with different kinds of cancer and helps explain about those. Includes tips for teachers too.

***"They Never Want to Tell You": Children Talk About Cancer*** by David J. Bearison, Harvard University Press, 0674883705

Here are children' telling about their personal experiences with cancer and the effects. This book is a good reference for family, teachers, and other adults as well.

***When a Parent Has Cancer: A Guide to Caring for Your Children*** by Wendy S. Harpham, Harper Paperbacks, 0060740817

Wendy Harpham, a parent with cancer and a physician, outlines some of the ways to help raise children when a parent has cancer. Common problems are exemplified and common sense advice is given for helping children through diagnosis and treatment, emotional ups and downs, uncertainty of everyday life, and fear of change and death. Includes "Becky and the Worry Cup" a story for children about worries kids have and how their parents can help them get through the crisis.

## CHILD DEVELOPMENT INFORMATION

***Ages & Stages: A Parent's Guide to Normal Childhood Development: Tips and Techniques for Building Your Child's Social, Emotional, Interpersonal, and Cognitive Skills*** by Charles E. Schaefer, John Wiley & Sons, 0471370878

This basic book outlines child development from age 0 to age 10 in four sections (birth to 18 months, 18-36 months, and 36 months to age six, and six to ten years). Parents can check their child's progress along developmentally appropriate guidelines and search through tips and techniques for emotional health, cognitive development, family and peer relationships, personal growth, and character formation. Also includes activities and exercises.

***The Child, the Family, and the Outside World*** by D.W. Winnicott, Perseus Publishing, 0201632683

This is a classic child development text from the child psychiatry point of view. Taken from BBC radio talks to mothers, the chapters begin with mother and child interactions (getting to know your baby, why babies cry, baby as person, instincts). The next chapters move to family interactions (including what about fathers, what is a

normal child, onlies and twins, why children play, normal parents). The final chapters outline the outside world (mothers and teachers, educational needs, shyness, roots of aggression).

***Developmental Profiles Pre-Birth Through Eight*** by K. Eileen Allen, Delmar Publishers, 0827386052

A compendium of child and growth and development principles about the infant, toddler, preschooler, and primary school child. Learning activities and developmental alerts are at the end of each chapter for parents to take note of. Included are developmental checklists, summary of reflexes, child health history forms, and outlines of developmental appropriate daily routines. Excellent simple text with bibliography and good index.

**PREEMIES and NICU Babies**

***Baby ER: The Heroic Doctors and Nurses Who Perform Medicine's Tiniest Miracles*** by Edward Humes. Simon & Schuster, 0743264436

In describing families and events of one particular Southern California NICU ( Neonatal Intensive Care Unit or Baby ER), Edward Humes takes the reader on an intimate tour of the medical facilities, and the emotional roller coaster of the staff who care for and the families who love these babies. As relationships among the parents, nurses, and doctors develop under extreme adverse conditions, the true nature of people is juxtaposed against administrative difficulties of keeping the costs of modern medicine reasonable. What cost for what child?

***Before Their Time: Lessons in Living From Those Born Too Soon*** by Daniel Taylor, InterVarsity Press, 0830822658

Although the story of six children 'born too soon,' this book is not just about the struggles of family, but of the fundamental questions of life..."what makes life worth living?, How disabled is too disabled?, How much should we do to preserve life?, How much should society spend to rescue the most fragile? What is the balance between medicine and faith? What roles do prayer and miracles have?"

***Caring For Your Premature Baby: A Complete Resource For Parents*** by Alan H. Klein, HarperPerennial, 0062736805

The introduction describes this book perfectly. "[This book] was written for every parent or expectant parent who wonders where to turn for a realistic, encouraging guide to understanding their premature baby's different beginnings." Starting with chapters about adjusting parental expectations and parenting in the Neonatal Intensive Care Unit, through managing breathing problems and other medical difficulties, to taking baby home and follow-up care, and ending with appendices that include easily understood glossary, weight conversion table, growth charts, etc., this book has all the basics new parents need.

***An Empty Cradle, A Full Heart: Reflections For Mothers and Fathers After Miscarriage, Stillbirth, or Infant Death*** by Christine O'Keefe Lafser, Loyola Press, 0829411739

One of the most difficult times for parents is after the loss of a baby. There is no typical bereavement process...and families have a hard time because they feel they need to hide their grief. With these reflections and accompanying scripture passages, the author offers hope, encouragement, and support as parents grieve. Includes separate sections for mothers, fathers, and mothers and fathers.

***Equal To the Task: One Family's Journey Through Premature Birth*** by Dail R. Cantrell, Sanford, FL: InSynce Press, 1929902166

A diary of a father and of his personal journey with his son's birth and consequent NICU stay.

***Home Health Care for Children Who Are Technology Dependent*** by Juanita W. Fleming, New York: Springer Publishing, 0823120644

Many children are now able to live at home although dependent on new technological advances in medicine, for example apnea monitors, dialysis, IV therapy, etc. A large part of this book is the report on the author's study, but there are some very important sections that adaptive families can use to better plan care. Characteristics of technology children, their families, and the particular stresses and strains of caregiving are defined and delineated. There are chapters on assessment of technology children's growth and development as well. Also discussed are the severe financial strains to families a technology child will bring to the family dynamic. This could be an important resource for those families who have technology supported children as a guide to better living and social and mental health issues.

***The Newborn Child*** by Peter G.B. Johnston, Churchill Livingstone, 0443071594

Although this is a textbook, it is an easily understood one for parents who require more information. There are chapters on normal birth, delivery, and care of the newborn that will assist new parents. There are other chapters on preterm infants, neonatal intensive care, infections of the newborn, and congenital and genetic disorders. This is not for every family, but could be very useful for those wanting information beyond the consumer health level.,

***Newborn Intensive Care: What Every Parent Needs to Know*** by Jeanette Zaichkin, NICU Ink Book Publishers, 0962297585

This is the reference book that will help parents and families 'know' how a NICU runs and how such surroundings help their babies. Included is information on how to be a family in the NICU, working with the NICU staff and understanding NICU technology, the financial impacts of NICU, typical problems of NICU and preterm babies, neonatal surgery, going home and how to cope at home, and even planning for the future of the NICU baby.

***Cuidado intesivo neonatal (Spanish version of Newborn intensive care: what every parent needs to know)***

by Jeanette Zaichkin, NICU Ink Book Publishers, 1887571043

***Premies: The Essential Guide for Parents of Premature Babies*** by Dana Wechsler Linden, Pocket Books, 067103491X

Written by preemie moms, this is a pick-up and put-down book with an extensive index meant to be read in small snatches for whatever particular topic is needed at the time. Part I is on before birth; Part II concentrates on the hospital experience; Part III is about life together; and Part IV is everything else, losing a baby, and even a chapter on famous people who were preemies. Appendices include growth and conversion charts, daily schedules for multiple children, CPR guidelines, and other resources. An exclusive that makes *Preemies* a good book to have for reference is its excellent sections called "Doctor Perspectives" that will assist parents in knowing what medical staff is really looking for at each stage. The book has limited illustrations.

***Preemie Parents Companion: Essential Guide to Caring for Your Baby in the Hospital, at Home and Through the First Years***

by Susan L. Madden, Harvard Common Press, 1558321349

The goal of this book is to empower parents while baby is in the NICU and get them confident to be ready when it is time to take their infant home. Besides including practical NICU parenting information, this reference gives important how-to information for the home transition (babies are still different from normal infants even though they now are at home) so parents can cope and care for babies appropriately. This book also goes beyond the first year to include preemie parenting information to age three and much information on early intervention and transitions some babies may need.

***Premature Birth: A Family Survival Guide*** by Jo Clancy, Madison, CT: Psychosocial Press, 1887841385

This book address the stress and emotional toll premature birth takes on the parents and the families involved. Jo Clancy used her own experiences to write about how to survive leaving baby behind when you go home after birth, how to survive those long weeks when your baby is still in the hospital, and how to survive dealing with others when questioned about the birth and perhaps the grief of a premature infant. This is a how-to emotional guide that addresses grief and guilt (father's, siblings', grandparents'), baby at home coping skills, and is an educational and encouraging story.

***Prenatal Parenting: The Complete Psychological and Spiritual Guide to Loving Your Unborn Child*** by Frederick Wirth, Regan Books, 0060394226 AND <http://www.prenatalparenting.com/>

Based on Dr. Wirth's premise that the mother's connection with her baby is a very powerful one, this book emphasizes the psychological and spiritual aspects of a couple's life during pregnancy and early parenting days. Dr. Wirth feels that thinking positively, communicating with your partner, and learning and frequently using some of the stress and self-esteem techniques and exercises outlined in the book will not only allow parents to have an easier birth, but also give the infant an emotional head start on its developing personality.

***A Silent Sorrow: Pregnancy Loss: Guidance and Support For You and Your Family*** by Ingrid Kohn, Perry-Lynn Moffitt, Routledge, 0415924812

This book is packed with information for parents, grandparents, other family members, counselors and clergy. Divided into sections such as grief of pregnancy and loss (when babies die, grieving together), why pregnancy loss happens (early losses, stillbirth death, prenatal diagnosis and choice), and the response of others (medical care, solace in religion, helping children at home, bereaved grandparents). The last section on special circumstances includes important information about the impact of the pregnancy loss on your career, infertility, and reconsidering becoming pregnant and parenting again after a loss. This is a good reference book with limited glossary but extensive reference list and index.

***They Will Know They Are Loved: A Family's Life With Premature Twins*** by Jon Westby, Minneapolis, MN: Kirk House Publishers, 1886513619

This unique book is written from the NICU father's viewpoint. Fathers are the often overlooked member of the family in the NICU experience. Here Jon Westby takes us through his family's experience with twins Henry and James and how he learned to celebrate life and fatherhood.

***You Are Not Alone: 20 Stories of Hope, Heroism, Heartache & Healing as Told By the Parents of Children Treated in the NICU*** by South Weymouth, MA: Children's Medical Ventures, 0966642503

This is another resource for parents by parents. These personal experiences of the families and babies, good and bad, can help relieve those isolating feelings of being all alone. It is not necessary to read all the stories as there are examples of several different NICU admissions, such as premature births, multiple births, spina bifida babies, cardiac abnormalities, etc. Includes a small glossary and parent resources section.

***Your Premature Baby: Everything You Need to Know About Childbirth, Treatment, and Parenting: Essential Information on Procedures, Equipment, and Medications, Important Medical Terms, Resources for New Parents*** by Frank P. Manginello, John Wiley & Sons, 0471239968

Starting with routine medical care for preemies, parental feelings, financial considerations, concerns at home, etc., this book gives a unique outlook on premature infants by arranging the book into chapters for each size of baby: micropreemies (less than 26 weeks gestation / 1 pound 10 ½ ounces), very very premature babies (26-29 weeks / 1 pound 8 ounces to 3 pounds 8 ounces), very premature babies (30-34 weeks / 2 pounds 2 ounces to 5 pounds 8 ounces), moderately premature babies (35-37 weeks / 3 pounds 12 ounces to 7 pounds 8 ounces). This is very helpful for parents in that they need not read the entire book, but only look at those chapters applicable to their infant. Every chapter has the same outline of describing physical appearance, body temperature, respiratory care, feeding, behavior, transfer information, parenting tips, and two personal stories. Very limited glossary and resource list.

***Your Premature Baby the First Five Years*** by Nikki Bradford, Buffalo, NY: Firefly Books, 1552976556

The object of this book is to give parents the information necessary to become part of the NICU team. which assists in the total care of their baby. The book outlines each developmental stage with how the baby will look, what the baby can do, etc. Of particular interest are the chapters on "What can You Do?" and "You and Your Family". Here parents will find why your baby needs you in the NICU, how to understand and interpret baby signals of preemies, how to position baby, protect eyes,

# Children's Health Information Resources *continued*

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and prevent head flattening, therapeutic touch and baby massage and play. The family chapter has hints on taking care of mother post-natally, depression and anxiety, surviving in the NICU, introducing the baby to other family members, and so forth. Excellent photos so parents can see what it really is like in the NICU.

***Your Premature Baby and Child: Helpful Answers and Advice for Parents*** by Amy E. Tracy, New York: Berkley Books, 042516506X

This book starts with preemie coming home checklists, medical concerns, feeding, early intervention checklists and ends with chapters on the school-aged preemie. An overall parenting guide that will help families deal at home with what is normal growth and development for preemie babies. Good early development and school guidelines.

## **DIABETES INFORMATION**

***Diabetes Snacks, Treats and Easy Eats for Kids: 130 Recipes For the Foods Kids Really Like to Eat*** by Barbara Grunes, Chicago: Surrey Books, 1572840854

As a companion to her previous diabetes snack book (*130 Recipes You'll Make Again and Again*), this new book is a great resource for families with kids who have diabetes or not. Easy to shop for, easy to make, and definitely user friendly recipes for those with limited cooking skills, this cookbook is a wonderful one to have on the shelf.

***Even Little Kids Get Diabetes*** by Connie White Pirner, Morton Grove, IL: Albert Whitman & Company, 0807521582

Colorfully illustrated story book from the child's viewpoint. From finding out that she has diabetes to mom and dad's feelings about her diabetes, this little girl takes us through her diagnosis and along the way reassures us that it will be OK.

***Growing Up with Diabetes: What Children Want Their Parents to Know*** by Alicia McAuliffe, John Wiley & Sons, 0471347310

This book by a young woman with diabetes, gives a unique take on being a teen and young adult with diabetes. All parents with a teen will benefit from Alicia's story, hints, and counseling tips. Children just want to be normal and this book guides parents along the emotional and physical path of diabetes in adolescence.

***The Joslin Guide to Diabetes: A Program for Managing Your Treatment (Completely Revised and Updated 2<sup>nd</sup> Edition)*** by Richard S. Beaser, Fireside Books, 0743257847

A good introduction for self-care from the Diabetes Center in Boston. There are chapters on what to ask at doctor visits, what medical tests are necessary and recommended, and how to 'live' with diabetes.

***Taking Diabetes to School (Special Kids in School)*** by Kim Gosselin, Valley Park, MO: JayJo Books, 1891383000

When her son was diagnosed with diabetes, Kim Gosselin searched for materials to help explain the daily complications of juvenile diabetes to his teachers and classmates. Finding nothing suitable, she set out to write her own book. This is a good book to read aloud to a class or group to help others understand diabetes and the day-to-day complexities of being a kid with diabetes. Great section at the back with quiz for kids and tips for teachers.

***The Dinosaur Tamer and Other Stories for Children with Diabetes*** by Marcia Levine Mazur, American Diabetes Association, 0945448589

Here are 25 fiction stories that will help the diabetic child (or anyone close to that child) cope with the fear of insulin, shots, blood tests, or just being an 'abnormal' kid. Kids with diabetes have all kinds of fears, and these stories let them identify with the characters in unusual situations. Part of the ADA Kids' Corner Stories series.

## **DISABILITY and SPECIAL NEEDS INFORMATION**

***The Child with Special Needs: Encouraging Intellectual and Emotional Growth*** by Stanley I. Greensan, Serena Wieder

***Disability-related Books for Kids*** [www.ucando.org/books.html](http://www.ucando.org/books.html)

*Books to use with children who have disabilities, or to use with any children when trying to educate and create a better understanding about the challenges of a particular disability, or disabilities in general.*

***Fetal Alcohol Syndrome: A Guide for Families and communities*** by Ann Streissguth

***Johns Hopkins Children's Center: Storybooks for Children Dealing with a Variety of Special Needs***

(Thanks to Gwen Rosen, Librarian) [www.hopkinschildrens.org/specialties/categorypages/special\\_needs.pdf](http://www.hopkinschildrens.org/specialties/categorypages/special_needs.pdf)

***Johns Hopkins Children's Center: Dealing with Chronic Illness*** (Thanks to Gwen Rosen, Librarian)

[www.hopkinschildrens.org/specialties/categorypages/chronic\\_illness\\_bib.pdf](http://www.hopkinschildrens.org/specialties/categorypages/chronic_illness_bib.pdf)

***Johns Hopkins Children's Center: Death, Dying, and Bereavement*** (Thanks to Gwen Rosen, Librarian)

[www.hopkinschildrens.org/specialties/categorypages/death\\_dying\\_bib.pdf](http://www.hopkinschildrens.org/specialties/categorypages/death_dying_bib.pdf)

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**National Dissemination Center for Children with Disabilities**

[www.nichcy.org/resources/intro.asp](http://www.nichcy.org/resources/intro.asp)

**National Dissemination Center for Children with Disabilities for Kids at Zigawhat**

[www.nichcy.org/kids/index.htm](http://www.nichcy.org/kids/index.htm)

***Special Kids Need Special Parents: A Resource for Parents of Children With Special Needs*** by Judith Loseff Lavin

***Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Learning Disabilities*** by Sonia Sumar

**SCOLIOSIS Information**

***Growing Up With Scoliosis: A Young Girl's Story*** by Michelle Spray

***The Scoliosis Sourcebook: Everything You Need to Know About*** by Michael Neuwirth

***Stopping Scoliosis: The Whole Family Guide to Diagnosis and Treatment*** by Nancy Schommer

**In the Hospital INFORMATION**

***24/7 or Dead: A Handbook for Families with a Loved One in the Hospital*** by Jari Holland Bucik

***Handbook for Mortals: Guidance for People Facing Serious Illness*** by Joanne Lynn

***How to Help Children Through a Parent's Serious Illness*** by Kathleen McCue

***Mosby's Manual of Diagnostic Laboratory Tests*** by Kathleen Deska Pagana

***This is a Hospital, Not a Zoo!*** (Paperback) by Roberta Karim

***When Molly Was in the Hospital: A Book for Brothers and Sisters of Hospitalized Children*** by Debbie Duncan

***What About Me?: When Brothers and Sisters Get Sick*** by Allan Peterkin

***Your Child in the Hospital: A Practical Guide for Parents*** by Nancy Keene

**PARENTING INFORMATION**

***How to Say It To Your Kids: The Right Words to Solve Problems, Soothe Feelings & Teach Values*** by Paul Coleman

***Making Friends: The Influences of Culture and Development*** by Luanna H. Meyer

***Nurture by Nature: Understand Your Child's Personality Type—And Become a Better Parent*** by Paul D. Tieger

***Respecting Our Differences: A Guide to Getting Along in a Changing World*** by Lynn Duvall

***Teaching Your Child the Language of Social Success*** by Marshall P. Duke

***When Your Child Has an Eating Disorder: A Step-by-Step Workbook for Parents and Other Caregivers***

by Abigail H. Natenshon

# Children's Health Information Resources *continued*

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## **TEEN ISSUES INFORMATION**

***American Medical Association Boy's Guide to Becoming a Teen: Getting Used to Life in Your Changing Body***  
by American Medical Association, Jossey-Bass,.

***Beauty Bites Beast: Awakening the Warrior Within Women and Girls*** by Ellen Snortland, B3Books, 0971144702

***Chicken Soup for the Preteen Soul: 101 Stories of Changes, Choices and Growing up for Kids 9-13*** by Jack Canfield

***Fear Less: Real Truth About Risk, Safety & Security in a Time of Terrorism*** by Gavin de Becker, Little, Brown, 0316085960

***The Gift of Fear and Other Survival Signals That Protect Us From Violence*** by Gavin de Becker, Little, Brown, 0316235024

***Great Books for High School Kids: A Teacher's Guide to Books That Can Change Teens' Lives*** by Rick Avers, Editor

***Odd Girl Out: The Hidden Culture of Aggression in Girls*** by Rachel Simmons, Harcourt, 0156027348

***Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane): Strategies for Keeping Teenagers Safe from Violence, etc.*** by Gavin de Becker, Dell Paperbacks, 0440509009

This is a great general safety book for families. Worried about how to allow your kids freedom to be themselves 'out in the world' yet protect them at the same time? With the practical guidelines given here, any parent can empower themselves to empower their children to go out and live life. Although not a new book, the themes are topical and relevant: how to protect your child walking to school; what should I do if my child is lost in public?; what must my teenage son/daughter know in order to be safe?; how can my child be safer at school?; what can I teach my child about risk without causing fear?, etc.

***Psychology for Kids: 40 Fun Tests That Help You Learn About Yourself (Self-Help for Kids Series)*** by Jonni Kincher

***The Real Truth About Teens and Sex : From Hooking Up to Friends with Benefits -- What Teens Are Thinking, Doing, and Talking About, and How to Help Them Make Smart Choices*** by Sabrina Weill

***Sex, Etc. Web site*** by Answer at Rutgers University. [www.sexetc.org](http://www.sexetc.org)

Online resource for sexuality and health related information for users thirteen years of age and older.

"Answer—based at the Rutgers University Center for Applied Psychology and formerly known as the Network for Family Life Education— provides resources, advocacy, training and technical assistance in support of age-appropriate, balanced, comprehensive sexuality education. Young people deserve honest, medically accurate and balanced information about sexuality in schools, homes and communities. Teen-to-teen communications is an effective vehicle for educating about sexual health. Educators and youth-serving professionals need training and support. Answer at Rutgers University specializes in training adults to deliver effective sexuality-education programs to children and youth."

***Straight Talk about Psychiatric Medications for Kids***, Revised Edition by Timothy E. Wilens

Network for Family Life Education.

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