Allergies

The Parent’s Guide to Food Allergies
By: Marianne S. Barber

This book provides clear and complete advice from the experts on raising your food-allergic child.

Asthma

Luke Has Asthma, Too (Media Type: Books)
By: Alison Rogers
Designed to relax the child and the parents, this book provides simple basic information about taking medicine, breathing exercises, and staying over-night in the hospital on occasion.

Winning Over Asthma (Media Type: Books)
By: Eileen Dolan

This book presents a number of asthma facts while telling the story of five-year old Graham. It describes the asthma reaction, mentions several triggers and medications, and emphasizes teamwork between parents and physician.

Breathe Easy (Media Type: Books)
By: Jonathan H. Weiss, Ph.D.

Provides practical information for young people to manage their asthma. Contains checklists, tips, resources, diagrams, and illustrations. Includes discussions on how to recognize situations that trigger asthma attacks, early warning signs, and asthma medicines and how they work.

Taking Control of Asthma
By: Christopher H. Fanta, M.D., Lynda M. Cristian, M.D., and Kenan HAver, M.D.

This handy guide includes cutting-edge therapies, as well as complementary and alternative medicine treatments to Asthma.
Positive Options for Children with Asthma
By: O.P Jaggi, M.D., Ph.D

This guide, written by an internationally know astma expert, helps parents better understand the causes of asthma in children, discusses what goes wrong inside the lungs and describes the latest advances in the prevention, diagnosis, treatment and management of the disease.

Autism

Ten things Every Child with Autism Wishes You Knew
By: Ellen Notbohm

Framed with both humor and compassion, the book defines the top ten characteristics that illuminate the minds and hearts of children with autism.

Breastfeeding

New Mother’s Guide to Breastfeeding
By: Jan Younger

The American Academy of Pediatrics answers tough questions and many more about breastfeeding to help you and your baby get the healthiest possible start.

Celiac Disease

Celiac Disease: Nutrition Guide
By: Tricia Thompson

Celiac Disease Nutrition Guide provides essential information for people diagnosed with celiac disease, an intolerance to gluten.

Cerebral Palsy

Children with Cerebral Palsy: A Parent’s Guide
By: Elaine Geralis

An updated second edition, written by a caring and experienced team of doctors, parents, educators, therapists, and advocates who offer support and information in an easy-to-understand format.
Teaching motor skills to children with Cerebral Palsy
By: Sieglinde Martine, M.S

This new guide, written by an experienced physical therapist, provides parents with a complete understanding of how the physical characteristics of cerebral palsy and similar conditions--muscle tightness and weakness, increased or decreased flexibility, abnormal reflexes, impaired sensory perception--affect a child's ability to sit, crawl, stand, and walk.

Coping

The Anatomy of Hope
By: Jerome Groopman, M.D.

In this book, Dr. Groopman explains how to distinguish true hope from false hope--and how to gain an honest understanding of the reach and limits of this essential emotion.

Death and Dying

Living with Grief: Who We Are, How We Grieve (Media Type: Books)
Edited by: Kenneth J. Doka, Joyce D. Davidson

This book examines how key aspects of identity affect how individuals grieve. Variables explored include culture, spirituality, age and development level, class and gender.

Living with Grief: Children, Adolescents, and Loss (Media Type: Books)
Edited by: Kenneth J. Doka

The 19 chapters in this book address the impact of loss on our children, and the nation’s consciousness. Articles by the nation’s leading thanatologists and grief counselors on grief and bereavement in children and adolescents are interspersed with articles by children who have experienced tragic loss.

The Saddest Time (Media Type: Books)
By: Norma Simon

Illness, accident, and old age provide three different scenarios in which children experience powerful emotions when someone close has died.
A Child Dies: A Portrait of Family Grief (Media Type: Books)
By: Joan Hagan Arnold, Penelope Buschman Gemma
Charles Press Pubs(PA); 2 edition (April 1994)

Written by two nurses, this book attempts to help parents and health professionals understand the grieving process that follows the death of a child. It describes typical grief symptoms, such as profound emptiness, guilt, and anger; discusses family methods of coping after a loss; and explores possible therapeutic interventions by caregivers.

The Grieving Child: A Parent’s Guide (Media Type: Books)
By: Helen Fitzgerald

This excellent book, written by the director of a grief program in a community health center, is intended as a guide for parents seeking to explain the death of a parent, relative, friend, or even a pet to a child.

Helping Children Cope with the Loss of a Loved One (Media Type: Books)
By: William C. Kroen, PH.D., LMHC

In clear, concise language, Dr. William Kroen offers comfort, compassion, and sound advice to any adult who is helping a child cope with the death of a loved one. Weaving in anecdotes about real children and their families, he explains how children from infancy through age 18 perceive and react to death.

Depression

100 Questions and Answers about Depression (Media Type: Books)
By: Ava T. Albrecht, MD and Charles Herrick, MD

Provides practical, authoritative answers to key questions about depression. This book includes essential new topics on risk factors associated with depression, brain terapies, physiological drug dependence, and more.

Diabetes

Sarah and Puffle: A Story for Children About Diabetes (Media Type: Books)
By: Linnea Mulder

Sarah has diabetes - and she's very angry about it. One day, she learns that life can be fun, even with diabetes, when her stuffed lamb Puffle "wakes up" able to talk, dance and make up silly songs. Puffle is a charmer who helps Sarah learn to have a normal, happy life with diabetes.
The Dinosaur Tamer and Other Stories for Children with Diabetes
(Media Type: Books)
By: Marcia Levine Mazur

One of 25 fictional stories that will entertain, enlighten, and ease your child’s frustrations about having diabetes. Each tale warmly evaporates the fear of insulin shots, blood tests, being “different,” and all the other not-so-fun parts of having diabetes.

The Everything Parent’s Guide to Children with Juvenile Diabetes
By: Moira McCarthy

This book helps you cope with the challenges of helping your children live happy, healthy lives while controlling the disease.

Guide to Raising a Child with Diabetes
By: Linda M. Siminerio


Down Syndrome

Eating Disorders

Help your Teenager Beat an Eating Disorder
By: James Lock, MD, PhD

This book provides the tools you need to build a united family front that attacks the illness and to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day, meal by meal.

When your child has an Eating Disorder: A step-by-step workbook for parents and other caregivers
By: Abigail H. Natenshon

When Your Child has an Eating Disorder is the first hands-on workbook to help parents successfully intervene when they suspect their child has an eating disorder. This step-by-step guide is filled with self-tests, questions and answers, journaling and role playing exercises, and practical resources that give parents the insight they need to understand eating disorders and their treatment, recognize symptoms in their child, and work with their child toward recovery.
Epilepsy

Taking Seizure Disorders to School: A Story About Epilepsy (Media Type: Books)
By: Kim Gosselin

This story dispels the myths and fears surrounding epilepsy in a positive, upbeat and entertaining style while explaining seizures in an understandable fashion.

Epilepsy: The Ultimate Teen Guide (Media Type: Books)
By: Kathlyn Gay

This book is written specifically for a teen audience, and dispels the myths, misconceptions, and misunderstandings about epilepsy and people who have the disorder.

Seizures and Epilepsy in Childhood: A Guide
By: John M. Freeman

This book is the standard resource for parents in need of comprehensive medical information about their child with epilepsy. Also included are the latest approaches to the diagnosis and treatment of epilepsy in childhood.

Children with Seizures
By: Martin L. Kutscher, MD

This concise, accessible handbook for families, friends and carers of children with seizures provides all the information they need to approach seizures from a position of strength.

Healthy Eating

Eat Healthy, Feel Great (Media Type: Books)
By: William Sears, M.D., Martha Sears, R.N., and Christie Watts Kelly
Boston: Little, Brown, c2002.

This book gives kids the tools to make their own wise food choices and to have fun doing it. Quick and easy recipes that kids can make with adult supervision are also included.
Lupus

New Hope for People with Lupus
By: Theresa Foy DiGeronimo

This thoughtful, cutting-edge book can help you manage the flare-ups, symptoms, and side-effects of lupus and put you back on the path to a more enjoyable, active lifestyle.

New Moms

While Waiting
By: George E. Verrilli, M.D.

Written by an obstetrician and a mother, this book provides information to expectant mothers about pregnancy, labor, and delivery.

Obesity

A Parent’s Guide to Childhood Obesity: A Road Map to Health
By: Sandra G. Hassink, MC, FAAP

This book offers long-term strategies and expert advice along with worksheets, questionnaires, and other interactive tools to help your child reach and maintain a healthy weigh.

Mood Disorders
100 Questions & Answers about Your Child’s Depression or Bipolar Disorder
By: Linda Chokroverty, MD, FAAP

A Comprehensive, well-organized, and thoughtful book concerning an illness often confusing to parents and mental health professionals alike. The author

Parenting

The Five Love Languages of Children (Media Type: Books)
By: Gary Chapman, Ph.D, Ross Campbell, M.D.

According to the authors, each child expresses and receives love through one of five different communication styles. With the help of this book, adults can discover their child’s primary language and learn what they can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in their child's emotions and behavior.
Touchpoints: The Essential Reference, Your Child’s Emotional and Behavioral Development (Media Type: Books)
By: T. Berry Brazelton, M.D.

Touchpoints provides chronological accounts of the basic stages of early childhood, presents (in alphabetical reference form) the challenges to development, and explores the important role of each person--father, mother, caregiver--in a child's life.

Shelter from the Storm: Caring for a child with a Life-Threatening Condition (Media Type: Books)
By: Joanne Hilden, M.D. and Daniel R. Tobin, M.D. with Karen Lindsey

Shelter from the Storm is a compassionate road map to what the family may have to face, what they may be asked to decide, and how they might want to involve their child in the decision-making. Shelter from the Storm will help parents and caregivers make informed, loving, and protective choices on behalf of their children in the most trying of times.

Understanding Special Needs

Delicate Threads (Media Type: Books)
By: Debbie Staub, PH.D.

This book offers a rare look at friendships between children with and without special needs. The author explores how the relationships develop, how they compare to friendships between typical peers, and what happens to them over time.

What’s Wrong With Timmy? (Media Type: Books)
By: Maria Shriver

For all those children who ask their parents why someone looks or acts "different," author and journalist Maria Shriver's What’s Wrong with Timmy? provides a base for discussion. Kate's mother models appropriate behavior, speaking to her daughter calmly and directly, and providing examples from her own life to help Kate understand about Timmy.

The Complete Learning Disabilities Handbook (Media Type: Books)
By: Joan M. Harwell

This third edition is a comprehensive source of information, strategies, and activities for working with learning disabled students. The book offers special educators, classroom teachers, and parents a wealth of new and proven suggestions and ready-to-use materials for helping LD students of all ages learn and perform at their fullest potential.
Tourette Syndrome

Living with Tourette Syndrome (Media Type: Books)
By: Elaine Fantle Shimberg

Living with Tourette Syndrome presents solid information on all aspects of the disease from diagnosis to treatment and includes practical information on dealing with particular issues that can arise at school and work.

Sickle Cell Disease

Hope and Destiny: A Patient’s and Parent’s Guide to Sickle Cell Disease and Sickle Cell Trait
By: Allan F. Platt, Jr., PA-C

Hope & Destiny is the definitive layman’s guide to Sickle Cell Disease and Sickle Cell Trait. In-depth information is provided, along with resources that every sickle cell patient, family, and caregiver needs. You’ll find virtually every question about the disease and the trait answered in language that makes this complex condition understandable and human.

Speech and Language

The Parent’s Guide to Speech and Language Problems
By: Debbie Feit

When a child has communication problems—diagnosed or not—parents are first looking for a place to go for help. The Parent’s Guide to Speech and Language Problems is a one-stop resource, offering not just the most up-to-date medical information but also advice and encouragement from a mom who’s been there.

Spina Bifida

Children with Spina Bifida
By: Marlene Lutkenhoff, R.N., M.S.N

Children with Spina Bifida provides parents with information, guidance, and support to help meet their child’s often intensive needs from birth through childhood.