

***A BREATH AWAY***

National Jewish Center for Immunology & Respiratory Medicine  
Offers hope to adults and children with chronic respiratory,  
allergic and immunology diseases.

***YOUNG CHILDREN LEARNING TO MANAGE ASTHMA: IT'S  
A FAMILY AFFAIR***

Parent Infant Resource Center, Georgia State University, 1994  
This video is on young children with Asthma. (15 minutes)

***LIVING WITH ASTHMA: WHAT YOU CAN DO***

HealthScan Products Inc., 1995  
Talks about using a peak flow meter and inhaler. Also addresses  
ways to live and do things despite asthma.

***KEEP CONTROL OF YOUR ASTHMA***

Foundation for Healthy Communities, 2001  
Instructs people in the use of peak flow meters and spacers.

*NH Family Voices Lending Library*

## **Books for Families about Allergies and/or Asthma**



NH Family Voices  
toll free in NH: 1-800-852-3345 X 4525  
or (603) 271-4525  
nhfv@yahoo.com

Last Updated: 7/09

New Hampshire Family Voices has the following books in the lending library. Children's books are marked with a ♥.

Books can be requested by phone or via our website, and are sent through the mail, with return postage.

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♥ Ostrow, William & Ostrow, Vivian

***ALL ABOUT ASTHMA***

Albert Whitman & Company, 1993

The young narrator describes life with asthma, explaining causes and symptoms of asthma and discussing ways to control the disorder to lead a normal life.

♥ Rogers, Alison

***LUKE HAS ASTHMA, TOO***

Whitman & Company, 1987

Asthma is the leading cause of absenteeism among school children. Adults, as well as children can learn from this story.

♥ Gosselin, Kim

***TAKING ASTHMA TO SCHOOL***

JayJo Books, LLC, 1995

Designed to be read aloud in a child's classroom, this book explains asthma so all children can be well informed.

♥ Pfizer Pediatric Health Pharmacy

***ALL ABOUT ALLERGIES***

Pfizer Pharmaceutical, 1998

Made for a very young child, perhaps 2-4 years, to explain what allergies are.

♥ Gosselin, Kim

***ZOOALLERGY***

JayJo Books, LLC, 1996

A fun book for children about allergy and asthma triggers.

♥ ***SESAME STREET—A IS FOR ASTHMA; CHILDHOOD ASTHMA AWARENESS PROJECT***

Jim Henson Company/Children's Television Workshop, 1998

Lively video about a muppet who has asthma, soothes kids fears, while teaching. Includes caregivers guide and activities. In English and Spanish (15 minutes).

♥ ***TAKING CONTROL OF YOUR ASTHMA***

Healthscan Products, Inc.

Easy to follow methods of controlling asthma with peak flow monitoring and proper MDI technique. (12:15 minutes)

♥ ***WINNING AGAINST ASTHMA***

Schering Corporation / Key, 1994

A video for children with a fun book having games and puzzles.

***ASTHMA IN SCHOOL: WHAT YOU NEED TO KNOW***

Illinois Asthma Initiative Program, 2000

***TRIGGER PROOFING YOU HOME FOR ASTHMA AND ALLERGY***

Schering Corporation / Key, 1992

Video detailing what can be done to trigger proof your home.

***ALLERGY CONTROL BEGINS AT HOME: HOUSE DUST ALLERGY***

Allergy Control Products, Inc., 1993

A common cause of asthma is dust mites. This company talks about ways to decrease the dust mites in the home.

***EXERCISE AND ASTHMA***

Schering Corporation / Key, 1994

People with asthma describe their past fears and misconceptions about exercise. They demonstrate the management techniques they use to participate in a variety of activities without symptoms. Discusses the use of warm-up exercises. Booklet included.

Taylor, John F.

***WHY CAN'T I EAT THAT? HELPING KIDS OBEY MEDICAL DIETS***

R&E Publishers, 1993 (2nd edition)

This book will give you insight to help children maintain a special diet. Great tips for parents.

Korn, Donna

***KIDS WITH CELIAC DISEASE: A FAMILY GUIDE TO RAISING HAPPY, HEALTHY, GLUTEN-FREE CHILDREN***

Woodbine House, 2001

Practical guide for families written by an experienced mother. It covers medical issues, food preparation, shopping, etc. and lists resources. Addresses behavioral issues as well.

Rapp, Doris MD

***IS THIS YOUR CHILD? DISCOVERING AND TREATING UN-RECOGNIZED ALLERGIES IN CHILDREN AND ADULTS.***

William Morrow & Company, Inc., 1991

Shows parents how to identify the common foods, chemicals, or common allergic substances that could be the culprits that cause some children or adults to feel unwell or act inappropriately.

## VIDEOS/VHS

**PLEASE NOTE:** Many of these videos are put out by drug companies or vendors of equipment. They are informative and educational, but may be biased to their own product. We recommend you speak to your physician about any questions these videos may elicit.

♥ ***I'M A METER READER***

National Allergy and Asthma Network

Explains about using a peak flow meter.

♥ Zevy, Aaron

***ONCE UPON A BREATH (THE STORY OF A WOLF, THREE PIGS AND ASTHMA)***

GlaxoWellcome, 1997

A cute story of B.B. Wolf, who plays a sax, and his quest to teach the three pigs about asthma.

♥ Bergman, Thomas

***DETERMINED TO WIN: CHILDREN LIVING WITH ALLERGIES AND ASTHMA***

Gareth Stevens Publishing, 1994

Isabell is a wonderful 6-year old girl, who has been living with allergies and asthma almost her entire life. But with medical care, Isabell leads an active life, she cooks, swims, rows a boat, goes on picnics, does artwork and much more.

♥ Swanson, Susanne M.

***LEE'S TOUGH TIME RHYME***

Writer's Press Service, 1994

Lee goes to Asthma Camp and enters a swimming race fueling his dreams of winning a Gold medal at the Olympics.

♥ Essays By Young People with Asthma

***HOW ASTHMA MAKES ME FEEL***

Sepracor, Inc. 1998

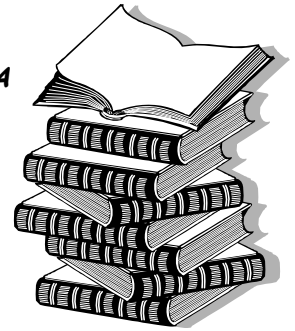
A commemorative book of artwork and essays by young people with asthma. This was made for Asthma Awareness Day, Capital Hill, May 1998

♥ Sander, Nancy

***SO YOU HAVE ASTHMA TOO!***

Allen & Hanburys, 1988

Children's book explaining what asthma is and what you can do about it.



♥ Carter, R. Alden & Carter, M. Siri

***I'M TOUGHER THAN ASTHMA***

Albert Whitman & Company, 1998

A young girl describes what it is like to live with asthma, how this condition affects the body, some of the things that trigger an attack, and what can be done to avoid problems.

♥ London, Jonathan

***THE LION WHO HAD ASTHMA***

Albert Whitman & Company, 1992

Sean's nebulizer mask and his imagination aid in his recovery following an asthma attack. Includes information on childhood asthma and how to control its symptoms.

♥ Weiner, Ellen

***TAKING FOOD ALLERGIES TO SCHOOL***

JayJo Books, 1999

This book provides an explanation of Jeffrey's food allergies, and how they make him feel, while also pointing out how he is like his classmates. Tips for teachers and a recipe for allergy free pizza are also included. (Ages 5-10).

♥ Savage, Eileen Dolan

***WINNING OVER ASTHMA***

Pedipress, Inc., 1992

Graham has moderate asthma that is well controlled. This book provides some basic facts about asthma care for children.

♥ Smith, Nicole

***ALLIE THE ALLERGIC ELEPHANT***

Jungle Communications, 2002

Allie the elephant, who is allergic to peanuts, helps children learn about food allergies, and how to be a good friend when you can't share a snack.

Harris, Mary & Nachsin, Wilma

***"MY KIDS ALLERGIC TO EVERYTHING" DESSERT COOK-BOOK: SWEETS AND TREATS THE WHOLE FAMILY WILL ENJOY***

Chicago Review Press, 1996

More than 80 recipes for safe and delicious, easy to make snacks and desserts. Info on testing for food allergies, avoiding food reactions, explanations of food labels.

Plaut, Thomas F., M.D.

***CHILDREN WITH ASTHMA: A MANUAL FOR PARENTS***

Pedipress, Inc., 1988

A guide about asthma, written by parents, patients and physicians. Includes charts and diagrams.

Tickelman, David G., MD

***ALLERGIES IN CHILDHOOD: A GUIDE FOR PARENTS***

The Health Information Network, HIN, Inc.

An easy to read guide for parents, describing types of allergies, reactions, tests and treatments.

Buchanan, Neil, DR & Cooper, Peter DR

***CHILDHOOD ASTHMA - WHAT IT IS AND WHAT YOU CAN DO***

Tricycle Press, 1991

Topics include common causes and treatments, foods, questions etc. to help families and professionals understand and explain asthma. Simple direct answers.

***MANAGING ALLERGIES AND ASTHMA AT***

***SCHOOL: TIPS FOR SCHOOL TEACHERS AND STAFF***

National Institute of Allergy & Infectious Diseases, 1995

This book outlines how to recognize allergies as well as explanations of different reactions and medications that are commonly used.

Coss, Linda Marienhoff

***HOW TO MANAGE YOUR CHILD'S LIFE-THREATENING FOOD ALLERGIES: PRACTICAL TIPS FOR EVERYDAY LIFE***

Plumtree Press, 2004

Step-by-step guide covers practical information, including treating reactions, purchasing & cooking food, making home safe, teaching others about food allergies, as well as working with day-care & schools, dining out and traveling.

Barber, Marianne S.; with Scott, Maryanne Bartoszek, MD & Greenberg, Elinor, PhD

***THE PARENT'S GUIDE TO FOOD ALLERGIES: CLEAR AND COMPLETE ADVICE FROM THE EXPERTS ON RAISING YOUR FOOD ALLERGIC CHILD***

Owl Books, 2001

Written by a parent, a psychologist and an allergist, this easy to read book covers allergy testing, diagnosing and treating anaphylaxis, common allergens, advice on reading labels, handling food allergies at school, tips on eating out.

Adelman, Todd & Behrend, Jodi

***SPECIAL FOODS FOR SPECIAL KIDS: PRACTICAL SOLUTIONS & GREAT RECIPES FOR CHILDREN WITH FOOD ALLERGIES***

Robert D. Reed Publishers, 1999

Over 100 kid tested recipes for children with dairy, gluten and egg allergies.

Meyer, Elisa

***FEEDING YOUR ALLERGIC CHILD: HAPPY FOOD FOR HEALTHY KIDS***

St Martin's Press, 1997

75 proven recipes—free of wheat, dairy, corn and eggs. Recipes include drinks, soups, salads, main dishes, side dishes and treats.

♥ Weiss, Jonathan, PhD

***BREATHE EASY: YOUNG PEOPLE'S GUIDE TO ASTHMA***

Magination Press, 1994

A practical, easy to understand guide for young people with asthma, up to age 13. They will learn how to control their asthma so they can live life to the fullest. Filled with illustrations, diagrams and self-quizzes.

♥ Kroll, Virginia

***BRIANNA BREATHES EASY: A STORY ABOUT ASTHMA***

Albert Whitman & Co., 2005

Very colorful story about Brianna, who finds out why she has been having coughing spells and trouble breathing. Covers general asthma information, from management to triggers.

♥ Chara, Kathleen A. & Chara, Paul J., Jr. with Chara, Karston J.

***ALLERGY BUSTERS: A STORY FOR CHILDREN WITH AUTISM SPECTRUM OR RELATED SPECTRUM DISORDERS STRUGGLING WITH ALLERGIES***

Jessica Kingsley Publishers, 2004

A practical guide for children with allergies. While it follows the experiences of Karston, who has food & environmental allergies in addition to an autism spectrum disorder, this information is very specific to allergies, and great for all kids who have them.

♥ Harrison, Troon

***AARON'S AWFUL ALLERGIES***

Kids Can Press, 1996

Aaron loves animals more than ice cream and roller coasters, but must give them away when testing reveals he has allergies to them. He learns that there are other creatures he can love.



♥ Casterline, Charlotte MD

***MY FRIEND HAS ASTHMA***

Info-All Book Company, 1985

A little girl discusses her friend Katherine's experience with asthma, from daily medication to hospital visits.

♥ Sussman Nassau, Elizabeth

***THE PEANUT BUTTER JAM***

Health Press, 2001

Sam is allergic to peanuts, but when teased, makes the choice to pick up a peanut covered project, and has a reaction which leads to a trip to the hospital. A good book to explain peanut allergy to classmates, siblings.

♥ Ureel, Jessica

***THE PEANUT PICKLE: A STORY ABOUT PEANUT ALLERGY***

First Page Publications, 2004

Ben is a 6 year old, just like any other 6 year old, except he is allergic to peanuts. Kids will see how Ben takes control of his allergy at school, on the playground and at parties.

♥ Smith, Nicole

***CODY THE ALLERGIC COW: A CHILDREN'S STORY OF MILK ALLERGIES***

Jungle Communications, 2004

Cody, a cool young cow, discovers he is allergic to milk. The simple story outlines allergic reactions, sources of milk allergies, food alternatives. (Written for children from pre-school to age 8)

♥ Black, Christina

***MOMMY, IS THIS SAFE TO EAT? A GUIDE FOR PRESCHOOLERS ALLERGIC TO PEANUTS AND TREE NUTS***

R3C Creations, LLC, 2009

Three year old Ricky learns to always ask if a food is safe for him. The book includes lots of pictures of unsafe foods and tips for parents.

♥ Black, Christina

***STARTING SCHOOL WITH A FOOD ALLERGY***

R3C Creations, 2007

Ricky is allergic to peanuts, and is starting school. Watch as he learns how he can stay safe at school, and still have fun.

♥ Fisher, Stacey

***NUTTY SCURRIES TO SCHOOL: THE TALE OF AN ALLERGIC SQUIRREL***

F & P Publishing, 2008

Nutty is five and going to school, but has a peanut allergy. In this simple story told in rhyme, Nutty learns all about going to school, ways to be safe with food, and makes some new friends.

♥ Matthies, Janna

***PETER, THE KNIGHT WITH ASTHMA***

Albert Whitman and Co., 2009

Peter is a brave knight, but the dragon keeps escaping because he coughs and wheezes. His mother takes him to the doctor, who helps Peter with his asthma so he can catch the dragon!

♥ Vanderwoude, Jennifer

***A LEARNING EXPERIENCE: A STORY FOR TEENS WITH ANAPHYLAXIS***

iUniverse, 2007

Kaylee is just starting high school, and is severely allergic to peanuts and nuts. Will her allergy get in her way? Will she take it seriously? Or will she try to hide it? The author writes from her own personal experience managing a severe allergy.

Coss, Linda Marienhoff

***WHAT'S TO EAT? THE MILK-FREE, EGG-FREE, NUT-FREE FOOD ALLERGY COOKBOOK***

Plumtree Press, 2000

Over 145 recipes for everything from soups to salads to main courses and desserts. Many are easily prepared. Also includes 46 recipes for baked goods that are cholesterol free and vegan.