

TAKING CHARGE: SOLVING PROBLEMS

Baylor College of Medicine, 1989, 1994

Provides straightforward steps and tips on how to solve problems and work out issues related to daily living and having CF.

Brascia, Tara, RN, MSN, CFNP & Flynn, Kathleen

CYSTIC FIBROSIS IN THE CLASSROOM

Digestive Care Inc., 2003

A booklet providing an overview of cystic fibrosis, its affects on the child. Includes information on nutrition, exercise, clearing airways. School issues addressed include how CF can interfere with school, and provides tips on maintaining home to school communication and sample modifications.

Maryland Chapter of the Cystic Fibrosis Foundation

CREATIVE FOOD

Cookbooks by Morris Press, 1989

Recipes contributed by parents.

Sondel, Sherie

A WAY OF LIFE: CYSTIC FIBROSIS NUTRITION HANDBOOK AND COOKBOOK

U of Wisconsin Hospital & Clinic, 1988

Farmer, Gail M.S. & Wilcox, Sherri

FAT AND LOVING IT! A BOOK WRITTEN FOR THE INDIVIDUAL WITH CYSTIC FIBROSIS

Recipes for people with CF.

American Biosystems, 1995

THE THERAPY VEST AIRWAY CLEARANCE SYSTEM

Promotional video from American Biosystems explaining the benefits of the Therapy Vest. (13:30 minutes)

New Hampshire Family Voices
**Books for Families and
Children Managing
Cystic Fibrosis**



New Hampshire Family Voices
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New Hampshire Family Voices has available the following books in the lending library. Childrens books are marked with a ♥.

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♥Lux, Carrie

LITTLE BRAVE ONES: A PHOTO TRIBUTE TO THE LITTLE PEOPLE WHO FIGHT THE BATTLE WITH CYSTIC FIBROSIS EACH & EVERY DAY

Booksurge, LLC, 2005

Photos of children of all ages, taking their enzymes, using their nebulizers & therapy vests, and at play. General information about cystic fibrosis, presented very positively.

Racek, Jennifer

CADBERRY'S LETTERS

Lulu Press, 2008

Momma Bunny explains CF to her young bunny, Cadberry. Cadberry learns why he takes his medicine, uses his vest. Written by a mom to help her explain CF to her young daughter, this is a wonderful story for young children.

♥ ***GOING TO DAVID'S PARTY AND UNCLE JACK'S COMING TO DINNER!***

Baylor College of Medicine, 1989

Two stories of children who almost forgot to take their enzymes.

♥ ***THE BIG CAMP OUT***

Baylor College of Medicine, 1989

Lisa was upset, she thought she would miss her camping trip due to her coughing.

Detrich, Terry & Don

THE SPIRIT OF LO: AN ORDINARY FAMILY'S EXTRAORDINARY JOURNEY

Mind Matters, 2000

This is the inspirational story of one family's experience with Cystic Fibrosis. Their daughter, Lauren ("Lo") was diagnosed with CF at three months of age.

Rothenberg, Laura

BREATHING FOR A LIVING: A MEMOIR

Hyperion Books, 2003

Written by a young woman with cystic fibrosis, this book chronicles how she lives her life. Through hospitalizations, struggles, Laura's refusal to let her illness rule her life, even in the face of her declining health, is amazing.

Gordon, Jaquie

GIVE ME ONE WISH: A TRUE STORY OF COURAGE AND LOVE

W.W. Norton, 1988

The story of a remarkable mother and her teenage daughter and their love as they make sense of life and their relationship. Set in the 70's and the 80's this is an interesting story about living and dying from a chronic illness.

Bluebond-Langer, Myra

IN THE SHADOW OF ILLNESS: PARENTS AND SIBLINGS OF THE CHRONICALLY ILL CHILD

Princeton University Press, 1996

The author profiles nine families, and in detail discusses what it is like, for both parents and siblings, to live with a family member who has cystic fibrosis.

♥ **MIDDLE CHILDHOOD: MAKING CHOICES**

Baylor College of Medicine, 1989, 1994

This is a story about a group of kids with CF on a camping trip. Written in "stage play format", it's easy to read, with an activity section included.

♥ Grishaw, Joshua

MY HEART IS FULL OF WISHES

Raintree Steck Vaughn, 1995

This is an imaginative book written by a young boy with CF. The story talks about some of his fears, and his wishes for the world to be free of illnesses, such as cancer, CF and AIDS.

Deford, Frank

♥ **ALEX: THE LIFE OF A CHILD**

New American Library, 1983

A story of a young girl's courageous fight for life and living with CF.

♥ Miller, Robyn

ROBYN'S BOOK: A TRUE DIARY

Scholastic, Inc., 1986

A collection of essays, stories and poems filled with laughter, tears and wisdom.

Orenstein, David M.

CYSTIC FIBROSIS: A GUIDE FOR PATIENT AND FAMILY (3RD EDITION)

Lippincott Williams & Wilkins, 2004

Clear information on cystic fibrosis—from diagnosis to treatment. Also includes practical advice on exercise, diet, teen and adult years, infection control, testing, diabetes.

♥ **THE TREE HOUSE**

Baylor College of Medicine, 1989

The book describes different feelings children may go through with cystic fibrosis: happy, sad, mad etc.

♥ **A DAY AT THE OUTDOOR MARKET**

Baylor College of Medicine, 1989

Lisa learns about how different foods are good for you and how they help you grow.

♥ **TAKING CHARGE, EATING FOR ENERGY**

Baylor College of Medicine, 1994

Provides information on "How enzymes work in your body", "Adding calories", skills you need to take care of yourself.

♥ Henry, Cynthia S.

TAKING CYSTIC FIBROSIS TO SCHOOL

Jayjo Books, L.L.C., 2000

Jessie talks about having cystic fibrosis. Appropriate for elementary age. This is a great story to share with the class.

♥ Griebel, Kirsten Webster

THIS IS PAUL: AN INTRODUCTION TO CYSTIC FIBROSIS FOR CHILDREN AGE FIVE AND OVER

McNeil Pharmaceutical

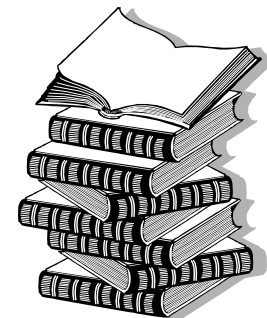
Describes CF in simplified and realistic terms to a child 5 years old or older. Includes activity pages.

♥ Devine, Jennifer

SCARDUST

Authorhouse, 2005

A young girl, home from the hospital with a new scar, is told a story about the "scardust fairy" by her father. Written by a woman with cystic fibrosis, who has several scars and felt self-conscious about them. She wrote the story to help other children feel better about theirs.



♥ ***A DAY OF CHOICES.***

Baylor College of Medicine, 1989

Jason is a young boy with Cystic Fibrosis, he has a hard time making choices. Especially choices during his therapies. Some fun ideas are included in this book.

♥ ***STARBRIGHT EXPLORER SERIES: FITTING CYSTIC FIBROSIS INTO YOUR EVERYDAY LIFE***

Starbright Foundation, 2001

This CD-ROM was designed to offer teens/pre-teens with CF insight into balancing medical treatment with a teenage lifestyle. Animation of lungs and pancreas demonstrates the importance of airway clearance.

♥ Stanzoione, Angela and Godwin, Susan Lennon

LET'S LOOK AT ME

Reid-Rowell, 1990

This coloring book/journal is designed for children with CF to assist them in understanding their feelings, dealing with their experiences. A facilitator's guide is included.

♥ Schmidt, Mathew

SUPER CYSTIC & FABULOUS FRAN FIBROSIS

Organon, Inc., 1981

This informational coloring book provides a positive view of Medical treatment, the hospital routine, and respiratory therapy for children with CF.

♥ MacDonald, N.E. & McGrath, P.J.

CF AND YOU

Children's Hospital of Eastern Ontario Foundation, 1988

A guide for adolescents. This book was designed to answer some common questions asked by adolescents.

♥ ***THE AMAZING BODY: EARLY CHILDHOOD (BOOK ONE)***

Baylor College of Medicine, 1989, 1994

Jason worries about what to bring for show and tell to share with his class. He brings in an x-ray of his lungs following a check-up.

♥ ***MY BEST FRIEND JASON: EARLY CHILDHOOD (BOOK TWO)***

Baylor College of Medicine, 1989, 1994

A child talks about friendship and shares what he knows about CF as a result of being friends with Jason.

♥ ***MIDDLE CHILDHOOD: SPEAKING OUT***

Baylor College of Medicine, 1989

Effective communication is key to taking care of yourself if you have CF. This book provides tips on talking and listening to others through a story about two boys finding a mysterious object.

♥ ***MIDDLE CHILDHOOD: TAKING CARE OF MY LUNGS***

Baylor School of Medicine, 1989, 1994

This book discusses the respiratory system, how it works and how CF affects it. Written in a play format, it is easy to follow.

♥ ***MIDDLE CHILDHOOD: EATING FOR ENERGY***

Baylor College of Medicine, 1989, 1994

A two-part story about two young boys, one of whom has CF, finding out how the digestive system and how enzymes help break down their food for energy. Includes activities and recipes.

