

VIDEOS

 Dartmouth Genetics Program

DOWN SYNDROME #1—A PARENTAL PERSPECTIVE

NHNH Productions

Dr. Carl Cooley from New Hampshire, and parents discuss how they received their child's diagnosis and how it affected them.

An old video, but families still find similar situations today. (18:30 min)

YOUR BABY HAS DOWN SYNDROME

Produced by the Down Syndrome Center of Pittsburgh

AEROBICS

Produced by National Association For Down Syndrome, 1993

Exercise video featuring young adults. (31:00 minutes)

 Guiliano, Laura

LET'S HAVE FUN: AN EXERCISE PROGRAM FOR PEOPLE WITH SPECIAL DISABILITIES

Healthy All Over, LTD, 2002

Provides instruction on warming up & stretching, low impact aerobics with lots of visuals, and cooling down.

 Guiliano, Laura

LET'S GET STRONG: AN EXERCISE PROGRAM FOR PEOPLE WITH SPECIAL DISABILITIES

Healthy All Over, LTD, 2002

Features instruction on stretching, weight training (from a safe, sturdy chair), cooling down. Shows how to breathe and maintain form.

BODY PARTS AND GROOMING

The Special Kids Company, Inc., 1996

Covers showering / bathing, washing hands, brushing teeth, cutting nails and combing hair.

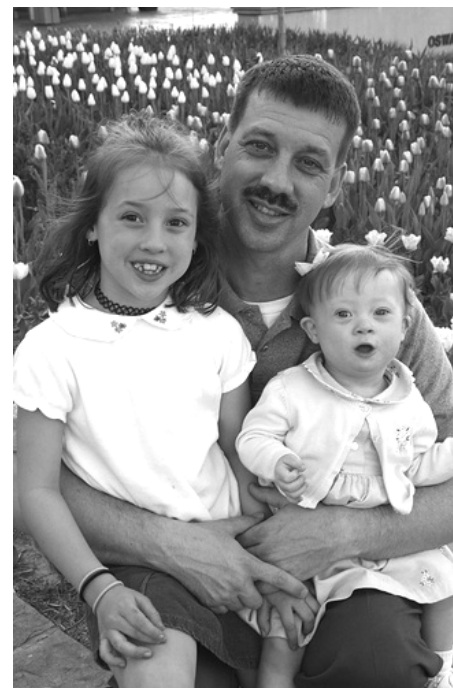
GETTING READY

The Special Kids Company, Inc., 1996

Taking a bath or shower, combing hair, brushing teeth, getting dressed. Features how to button, zip and tie.

NH Family Voices Lending Library

Books for Children and Families about Down Syndrome



NH Family Voices

(603) 271-4525 or toll free in NH

1-800-852-3345 Ext. 4525

www.nhfv.org

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

Books are sent through the mail, with a postage paid return envelope. For more information call 1-800-852-3345 X 4525.

♥ Kneeland, Linda

COOKIE

Jason & Nordic Publishers, 1989

When four-year-old Molly with Down Syndrome learns to talk with her hands, she suffers fewer frustrations by being able to ask for what she wants.

♥ Berkus, Clara Widess

CHARLSIE'S CHUCKLE

Woodbine House, 1992

Charlsie, a young boy with Down Syndrome, has an infectious chuckle that helps the members of the Town Council stop arguing long enough to solve some serious problems.

♥ Cairo, Shelley

OUR BROTHER HAS DOWN'S SYNDROME: AN INTRODUCTION FOR CHILDREN

Annick Press, 1985

A book for the young reader. Two sisters describe their brother with Down Syndrome.

♥ Carter, Alden R.

BIG BROTHER DUSTIN

Albert Whitman and Company, 1997

Dustin, a young boy with Down Syndrome, helps his parents and grandparents get ready for the birth of his baby sister and chooses a name for her.

♥ Holcomb, Nan

BUDDY'S SHADOW

Jason and Nordic Publishing, 1991

Buddy, who is five, wants a best friend. He saves his money and finds a best friend in his new puppy.

Horstmeier, Deanna PhD

TEACHING MATH TO PEOPLE WITH DOWN SYNDROME AND OTHER HANDS ON LEARNERS

Woodbine House, 2004

Focuses on teaching essential, basic math from addition and subtraction as well as the concepts of time and money. Lessons include stated objectives which can be included in an IEP.

Bruni, Maryanne BSCOT

FINE MOTOR SKILLS FOR CHILDREN WITH DOWN SYNDROME (2ND EDITION)

Woodbine House, 2006

Written by an occupational therapist who is also a parent of a child with Down Syndrome. This book provides a description of fine motor skills development and offers dozens of activities to help children learn them.

Pueshel, Siegfried and Sustrova, Maria

ADOLESCENTS WITH DOWN SYNDROME: TOWARD A MORE FULFILLING LIFE

Brookes Publishing, 1997

Comprehensive holistic approach to issues facing the adolescent with Down Syndrome.

Couwenhoven, Terri M.S.

TEACHING CHILDREN WITH DOWN SYNDROME ABOUT THEIR BODIES, BOUNDARIES AND SEXUALITY: A GUIDE FOR PARENTS AND PROFESSIONALS

Woodbine House, 2007

Written by a certified sexual educator, who is also a parent of a child with Down Syndrome, this book is easy-to-read. Each chapter highlights key points (from learning about the body, to friendship, to dating), activities and provides pictures.

Josephson, Gretchen
BUS GIRL

Brookline Books, 1997

Written over the course of several decades *Bus Girl*, is a thought provoking, often humorous collection of poems from a woman with Down Syndrome.

Berube, Michael

LIFE AS WE KNOW IT: A FATHER, A FAMILY, AND AN EXCEPTIONAL CHILD

Vintage Books, 1998

An inspiring book, a father articulates what it is like to raise a lively, loving little boy with DS.

Kumin, Libby PhD., CCC-SLP

COMMUNICATION SKILLS IN CHILDREN WITH DOWN SYNDROME - A GUIDE FOR PARENTS

Woodbine House, 1994

This book provides a wealth of information about speech and language development. Describes language development and what to expect as communication skills progress from infancy through early adolescence.

Medlen, Joan E. Guthrie

THE DOWN SYNDROME NUTRITION HANDBOOK

Woodbine House, 2002

Thorough description of nutrition issues and numerous hands on activities. Covers breast and bottle feeding, celiac disease, diabetes, alternative therapies, weight management, fitness and exercise as well as menu planning.

Oelwein, Logan Patricia

TEACHING READING TO CHILDREN WITH DOWN SYNDROME: A GUIDE FOR PARENTS

Woodbine House, 1995

Provides approaches to teaching a child to read.

♥ Rheingrover, Jean Sasso

VERONICA'S FIRST YEAR

Albert Whitman & Company, 1996

Nine-year old Nathan helps welcome his baby sister, who has Down Syndrome, into the family and eagerly anticipates the day when she will be able to ride his tricycle.

♥ Haines, Sandra

BECCA AND SUE MAKE TWO

Writer's Press Service, 1995

Becca has a best friend Sue who has Down Syndrome and decides to teach her to play Chop sticks on the piano with her for a talent show.

♥ Rabe, Berniece

WHERE'S CHIMPY?

Albert Whitman & Company

Misty, a young girl with Down Syndrome, can't go to sleep with out her toy monkey, which is lost. She and her dad review her day's activities in their search. Wonderful pictures.

♥ Holcomb, Nan

HOW ABOUT A HUG

Jason and Nordic Publishing, 1983

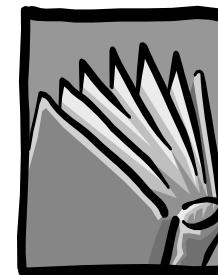
A young girl with Down Syndrome works hard at all her daily activities at home and school. She receives hugs for completing her tasks and learns "hug etiquette."

♥ Testa, Marie

THUMBS UP RICO

Whitman & Company, 1994

In three separate stories, a boy, Rico tells how he makes a new friend, helps his sister with a decision, and finally draws a picture he likes.



♥ Jansen, Larry

MY SISTER IS SPECIAL

Standard Publishing, 1998

A child-friendly look at Rachel. Her brother Nathan shows us that God made everyone different and special, including his sister! This book provides extra suggestions for helping children understand their friends with Down Syndrome.

♥ Stuve-Bodeen, Stephanie

WE'LL PAINT THE OCTOPUS RED

Woodbine House, 1998

Emma and her father discuss what they will do when the new baby arrives, but they adjust their expectations when he is born with Down Syndrome. A good siblings book with questions and answers at the end about Down Syndrome.

♥ Stuve-Bodeen, Stephanie

THE BEST WORST BROTHER

Woodbine House, 2005

The sequel to "We'll Paint the Octopus Red", is a realistic look at how a sibling relationship evolves. While Emma misses Isaac being an adorable baby, and finds him frustrating at times, she takes great pride in his eventually learning to sign.

♥ Glatzer, Jenna

TAKING DOWN SYNDROME TO SCHOOL

JayJo Books, 2002

Very open story told from the point of view of a young boy, Nick, who clearly discusses the challenges he faces, how he feels when people call him names, as well as shows how he is just like his classmates. Teacher tips included. Ages 5-10 years reading level.

♥ Villalobos, Georgia M

TUBES IN MY EARS: DOWN SYNDROME AND SURGERY

Georgia M Villalobos, 2008

Victoria tells the story of going to the hospital to have tubes put in her ears. Photos show the whole process. Very reassuring story.

Stallings, Gene & Cook, Sally

ANOTHER SEASON, A COACH'S STORY OF RAISING AN EXCEPTIONAL SON

Little Brown and Company, 1997

This book was written by the famous football coach, Gene Stallings as a personal account of his family's life raising their son with Down Syndrome. Very inspirational.

Van Dyke, D.C. MD; Mattheis, Philip MD, Eberly, Susan Schoon MA & Williams, Janet RN.

MEDICAL & SURGICAL CARE FOR CHILDREN WITH DOWN SYNDROME: A GUIDE FOR PARENTS

Woodbine House, Inc., 1995

Written to give parents a complete & easy understanding of specific medical conditions that are common among children with Down Syndrome.

Cunningham, Cliff

UNDERSTANDING DOWN SYNDROME - AN INTRODUCTION FOR PARENTS

Brookline Books, 1992

For parents of babies and young children with Down Syndrome.

Ross, Bette M. M.Ed

OUR SPECIAL CHILD: A PARENT'S GUIDE TO HELPING CHILDREN WITH SPECIAL NEEDS REACH THEIR POTENTIAL

Thomas Nelson Publishers, 1993

Written by a parent, this book addresses how to work with schools, community resources and other programs.

Chamberlain, Catherine & Strode, Robin

DOWN SYNDROME—FOR PARENTS AND PROFESSIONALS

Linguistics, 2000

This book provides basic information about children and adolescents with Down Syndrome, as well as tips for helping them achieve maximum potential. Areas addressed include academic, social, behavior, independent living & communication skills.

Beck, Martha

EXPECTING ADAM

Times Books, 1999

A poignant tale of how the birth of her son Adam forced her to re-think her life and reconsider values. Beautiful and touching story.

Barkely, C. Donald

BETHY AND THE MOUSE A FATHER REMEMBERS HIS CHILDREN WITH DISABILITIES

Brookline Books, 1997

Written by a dad who had two children with special needs, one being Bethy with Down Syndrome. It's a father's account of the daily process of raising and loving his children.

Thompson, Kimberly

ERIC'S GIFT

Eric's Gift Enterprises, 1998

A mother chronicles her feelings, frustrations and the love for her son Eric who is born with Down Syndrome and many medical problems. Heartwarming and realistic.

Kinsley, Jason & Levitz, Mitchell

COUNT US IN - GROWING UP WITH DOWN SYNDROME

Harcourt Brace & Company, 1994

Mitchell and Jason, two young men with Down Syndrome share their innermost thoughts, feelings, hopes and dreams as well as their experiences of growing up with Down Syndrome.

♥ Dwight, Laura

BE QUIET MARINA!

Star Bright Books, 2001

Two little four year old girls, Marina, who has Cerebral Palsy and Moira, who has Down Syndrome, are alike in many ways, but different in others. This story is about how they became friends. Beautiful black and white photos and simple text.

♥ Rickett, Janet Elizabeth

RUSS AND THE ALMOST PERFECT DAY

Woodbine house, 2000

Great picture book of a young boy's day. Simple story.

♥ Rickert, Janet Elizabeth

RUSS AND THE FIREHOUSE

Woodbine House, 2000

The second in the "A Day with Russ" series, this book finds Russ visiting his Uncle Jerry at the fire station. Great pictures of Russ helping out, even washing the Dalmatian!

♥ Pitzer, Marjorie W.

I CAN, CAN YOU?

Woodbine House, 2004

Colorful pictures of babies and toddlers discovering the things they can do, from playing pat-a-cake to swimming. Simple repetitive language toddlers enjoy.

♥ Woloson, Eliza

MY FRIEND ISABELLE

Woodbine House, 2003

Isabelle and Charlie are great friends. They draw, dance, read, play and eat cheerios together. A wonderful story about friendships being special and differences making our world a better place.



♥ Dwight, Laura

WE CAN DO IT!

Star Bright Books, 1997

Colorful photos and simple text about children at home, school and play. Very positive, great for classroom reading.

♥ Girnis, Meg

ABC FOR YOU AND ME

Albert Whitman and Co., 2000

An alphabet book having children with Down Syndrome with an object that starts with a corresponding letter.

♥ Gordon, Melanie Apel

LET'S TALK ABOUT DOWN SYNDROME

Rosen Publishing Group, 1999

By stressing that children with Down Syndrome are wonderful, viable members of society, this book removes many stigmas attached to people with Down Syndrome.

♥ Plucker, Sheri

ME, HAILEY!

Jason & Nordic Pub, 2005

This story follows Hailey as she goes through her first day of kindergarten. Hailey shows her new friends how to sign the Alphabet. They help her find her glasses when she misplaces them.

♥ Fleming, Virginia

BE GOOD TO EDDIE LEE

Philomel Books, 1993

A heartwarming story of a budding friendship between Eddie Lee and Christy.

♥ ***MAKING PLANS: A FINANCIAL GUIDE FOR PEOPLE WITH DOWN SYNDROME AND THEIR FAMILIES***

National Endowment for Financial Education, 2003

Written in two parts. Part 1 is for the individual and Part 2 is for parents and caregivers. Both sections address goals, money, education, housing options, independent living.

Stray-Gundersen, Karen

BABIES WITH DOWN SYNDROME: A NEW PARENT'S GUIDE (3RD EDITION)

Woodbine House, 2008

This book is meant to provide new parents with a complete introduction to Down Syndrome. Facts & information on care, development & education of your baby. Parent statements at the end of each chapter gives the book a real life perspective.

Craver, Diane

CELEBRATING AND CARING FOR YOUR BABY WITH SPECIAL NEEDS: UPLIFTING TIPS AND ADVICE TO HELP YOU THROUGH THE EARLY MONTHS OF THIS STRESSFUL TIME

Booklocker.com, 2004

Written by the mother of two daughters with Down Syndrome, this book is full of practical advice on taking care of yourself as a parent, as well as encouraging development through play.

Brill, Marlene Targ, MED

KEYS TO PARENTING A CHILD WITH DOWN SYNDROME

Barron's Educational Series, Inc., 1993

Lays a foundation for understanding what Down Syndrome means for you, your child and your family. It has a broad, long-range perspective to give you an idea of how to handle today's challenge while preparing for tomorrow.

Gronenberg, Jennifer Graf

ROAD MAP TO HOLLAND: HOW I FOUND MY WAY THROUGH MY SON'S FIRST TWO YEARS WITH DOWN SYNDROME

New American Library, 2008

Five days after her twin sons were born, Jennifer learns that Avery has Down Syndrome. What follows is her journey, from dealing with wonderful, and some not so wonderful, family and friends. A strong message about what it means to be family.