

***HEAD LICE TO DEAD LICE: SAFE SOLUTIONS FOR FRANTIC FAMILIES***

Sawyer Mac Productions, 1997

Five step battle plan for getting rid of lice. Humorous and informative. Winner of the American Medical Association "Best Community Health Video."

Guiliano, Laura

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

Healthy All Over, Ltd., 2002

Designed for individuals with disabilities, this exercise video features instruction on stretching, weight training (from a safe, sturdy chair), cooling down. Shows how to breathe, maintain form during exercise.

Guiliano, Laura

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

Healthy All Over, Ltd., 2002

Designed especially for individuals with disabilities, this video features instruction on stretching, warming up, low impact aerobics (with lots of visuals), cooling down.

**♥ *BODY PARTS AND GROOMING***

The Special Kids Company, Inc., 1996

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

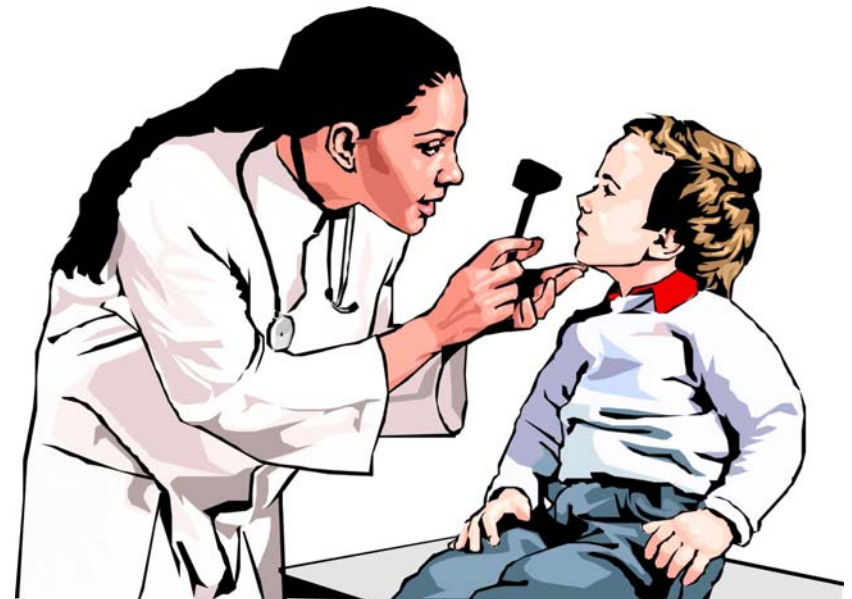
**♥ *GETTING READY***

The Special Kids Company, Inc., 1996

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

NH Family Voices Lending Library

# Books for Children and Adults on General Health Topics



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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.

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♥ Berenstain, Stan & Jan

***THE BERENSTAIN BEARS GO TO THE DOCTOR***

Random House, Inc., 1981

Dr. Grizzly give the cubs a regular checkup.

♥ Strong, Stacy

***GOING TO THE DOCTOR***

Simon & Schuster, 1991

Going to the doctor can be fun! Find out what it's like in this action packed pop-up book. Pull tabs, changing pictures, lift up flaps help explain what happens at the doctor's office.

Informative, reassuring and positive.

♥ Civardi, Anne

***GOING TO THE DOCTOR***

Usborne Publishers, 2000

Simple text and colorful humorous illustrations introduce children to a visit to the doctor.

♥ Brazelton, Barry T., MD

***GOING TO THE DOCTOR***

Addison-Wesley Publishing Company, 1996

After a lifetime of listening and caring, Dr. Brazelton's children's book covers each step of a visit to the doctor. From the stethoscope to checking reflexes, the eye chart to receiving shots. Candid drawings by Dr. Brazelton's grandson Alfred express the child's point of view, while photos depict the scene at the office.

Weil, Andrew, MD

***HEALTH AND HEALING***

Houghton-Mifflin, 1995

Alternative healing practices, holistic medicine discussed and addresses the strengths and weaknesses of both conventional and alternative medicines.

Barbieri, Edward J., Corsaro-Barbieri, Felicia & Digregorio, G. John

***HANDBOOK OF COMMONLY PRESCRIBED PEDIATRIC DRUGS—SIXTH EDITION***

Medical Surveillance Inc., 1999

Profiles commonly prescribed pediatric drugs and dosages.

Vickery, Donald M. MD & Fries, James F. MD

***TAKE CARE OF YOURSELF: THE COMPLETE GUIDE TO MEDICAL SELF CARE***

Addison-Wesley Publishing Company, Inc., 1976, 1994

The authors provide information about choosing a health plan and working with your doctor. Advice on 120 common health problems and charts on the recommended times to see your doctor.

## VIDEOS

***EAR INFECTIONS: TOO SERIOUS TO IGNORE***

Films For Humanities & Science, 1996

This program hosted by Dr. Jerome Klein (Boston University Professor of Pediatrics) explains why ear infections are increasing and what can be done to prevent them. (19 min.)

***CAREGIVERS GUIDE TO ORAL HEALTH***

Indiana Dental Association, Kingswood Labs, Inc., 1992

This video goes over dental care and oral health prevention. (30 min)

Pantell, Robert H. MD: Fries, James F. MD & Vickery,  
Donald M. MD

**TAKING CARE OF YOUR CHILD: A PARENTS GUIDE TO  
COMPLETE MEDICAL CARE**

Addison-Wesley Publishing Company, 1977, 1993

Award winning book gives parents clear, practical advice on all aspects of raising a healthy child. Easy-to-use decision charts quickly show how to help you child at home and when to see a doctor. Childhood diseases to everyday worries covered.

Mayer, Gloria RN & Kuklierus, Ann RN

**WHAT TO DO WHEN YOUR CHILD GETS SICK  
QUE HACER CUANDO SU NINO SE ENFERME**

Institute For Healthcare Advancement, 1999

This book is simple and in straight forward language with many charts and handy ways to keep records. Entirely in Spanish.

Keene, Nancy

**WORKING WITH YOUR DOCTOR: GETTING THE HEALTH-  
CARE YOU DESERVE**

O'Reilly, 1998

This book provides tips on choosing a physician, communicating your needs and lists the rights and responsibilities of patients and physicians. Includes info on researching medical literature, working with insurance and resolving problems.

Bluestone, Charles, MD & Stool, Sylvan, MD

**EARACHE IN CHILDREN: A GUIDE FOR PARENTS**

Health Information Network, 1995

Written to help parents learn about earaches in children and to provide answers to frequently asked questions.

Paradise, Jack L. MD

**TONSILS AND ADENOIDS: A GUIDE FOR PARENTS**

Health Information Network, Inc., 1995

Learn about tonsils and adenoids and get answers to frequently asked questions including, "When should tonsils or adenoids be

♥ McGuire, Leslie

**BRUSH YOUR TEETH PLEASE**

Joshua Morris Publishing, Intervisual Books, 1993

A delightful, colorful pop-up book demonstrating proper oral hygiene.

♥ Civardi, Ann

**GOING TO THE DENTIST**

Usborne Publishing, 2000

Delightful introduction to dealing with a new experience. This will help children understand what it's like to visit the dentist.

♥ Berenstain, Stan & Jan

**THE BERENSTAIN BEARS VISIT THE DENTIST**

Random House, Inc., 1981

Sister and brother get some needed dental attention.

♥ Lewis, Sonya D. & Thomas, Donna C.

**RONALD MCDONALD'S CAMP FUN-TO-BRUSH**

Mercury Printing, 1991

A booklet for young children about oral hygiene.

♥ Rice, Judith Anne

**THOSE ICKY STICKY SMELLY CAVITY-CAUSING BUT...  
INVISIBLE GERMS**

Redleaf Press, 1997

This book will help your child get a strong start on good tooth brushing habits. They will delight in the imaginative illustrations of the germs that cause cavities and thrilled at how simply they can brush them away. (Bilingual) Ages 5-8.

♥ Yucynthia, Jean-Louis & Simon, D.

**THE STORY OF JERYL LYNN**

Merck, Caccine Division, 1997

A story for children about Dr. Hillman and how he discovered and produced vaccine for mumps, measles and rubella. A good book to explain to a child why they get immunizations.

♥ Rice, Judith

***THOSE MEAN NASTY DIRTY DOWN RIGHT  
DISGUSTING BUT.. INVISIBLE GERMS***

Redleaf Press, 1989

A little girl, who accumulates germs on her hands during her busy day, defeats them by washing her hands before meals.

♥ Berger, Melvin

***GERMS MAKE ME SICK! (REVISED EDITION)***

Harper Collins Publishers, 1995

Germs are all around and can sometimes make people sick. This story also talks about how our bodies fight them off, and provides tips to stay well. (ages 5-9)

♥ Verdick, Elizabeth

***GERMS ARE NOT FOR SHARING***

Free Spirit Publishing, 2006

A great story about germs and how to avoid sharing them. Designed to be read aloud in childcare, daycare, preschool or at home. (ages 4-7)

♥ Riccio, Nina

***BANISH THE STINKIES***

The Creative Attic, 1997

Grub is filthy, and so is his room. In this story the kid detectives learn about hygiene. This book is a humorous and informative way to teach children about the importance of being clean and brushing their teeth.

♥ Riccio, Nina

***INVESTIGATE A VIRUS***

The Creative Attic, 1997

Totentown has the flu! The kid detectives learn about germs and the immune system. Will they beat Nick and his sneaky germs? Teaches children about preventing the spread of germs.

♥ Zonta, Pat

***JESSICA'S X-RAY***

Firefly Books, 2002

Jessica breaks her arm and has to go for an x-ray. Jessica tours the hospital, and sees a variety of x-ray pictures (CAT scan, MRI, ultrasound). Six actual films included.

♥ Thames, Susan

***OUR IMMUNE SYSTEM***

Rourke Publishing, 2008

Provides a very simple description of germs, and how to fight them.

♥ Lebien, Sara

***OUR IMMUNE SYSTEM: A STORY FOR CHILDREN WITH  
PRIMARY IMMUNODEFICIENCY DISEASES***

Immune Deficiency Foundation, 2007

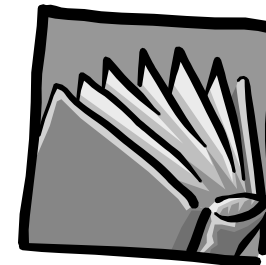
Colorful, cartoon illustrations and simple explanations show children how a normal immune system works. Also covers what treatment may be used when it doesn't work properly.

Antony, Martin M. PhD & Watling, Mark A. MD

***OVERCOMING MEDICAL PHOBIAS: HOW TO CONQUER  
FEAR OF BLOOD, NEEDLES, DOCTORS & DENTISTS***

New Harbinger Publications, 2006

This book provides general information on medical phobias, as well as the best methods for treatment. Strategies for preventing fainting, and tips for caregivers included.





♥ Yagyu, Genichiro

***BREASTS***

Kane/Miller Book Publishers, 1999

Provides a simple, but complete, explanation of breast development, breast feeding. Cartoon like pictures.

♥ Yagyu, Genichiro

***THE SOLES OF YOUR FEET***

Kane/Miller Book Publishers, 1997

Cute story about the soles of feet, from comparing sizes between child and adult. Also discusses high vs. low arches.

♥ Nanao, Jun

***CONTEMPLATING YOUR BELLYBUTTON***

Kane/Miller Book Publishers, 1995

Simple story explaining why we all have a bellybutton. Cartoon like pictures of babies and mothers, and breastfeeding.

♥ Boelts, M. & Boelts, D.

***KIDS TO THE RESCUE - FIRST AID TECHNIQUES FOR KIDS***

Parenting Press, 1992

Wonderfully simple book with pictures to help children understand the basic first aid techniques they may need if someone they are with, baby-sitting for or they themselves get hurt or injured.

♥ Cook, Julia

***I AM A BOOGER... TREAT ME WITH RESPECT!***

CTC Publishing, 2007

A story for children about health & hygiene, from the viewpoint of "Boogie the Booger". Boogie teaches children about using tissues and washing their hands when they have a cold.

♥ Maccarone, Grace

***ITCHY ITCHY CHICKEN POX***

Scholastic Inc., 1992

This peppy rhyme presents the humorous side of having chicken pox.

♥ Brown, Marc

***ARTHUR'S CHICKEN POX***

Little, Brown and Company, 1994

Arthur gets the chicken pox and worries that he won't be able to go to the circus. This story also touches on his sister's jealousy of the attention he gets from his grandmother.

♥ Pace, Betty

***CHRIS GETS EAR TUBES***

Kendall Green Publishing, Gallaudet University Press, 1987

Written so a young child can understand about getting ear tubes put into their ears. Describes the experience of a young boy whose chronic ear infections are affecting his hearing, until he goes into the hospital for a simple operation.

♥ Lansky, Vicki

***KOKO BEAR'S BIG EARACHE—PREPARING YOUR CHILD FOR EAR TUBE SURGERY***

Book Peddlers, 1990

A story for children and many useful tips for parents around having ear drum tubes placed.

♥ Rosenberry, Vera

***WHEN VERA WAS SICK***

Henry Holt and Company, 1989

Any child who has been stuck in bed with the chicken pox will be able to relate to Vera, who is covered with itchy spots! Simple reassuring story which ends with Vera returning to health and going out to play.

♥ Caffrey, Donna

***YIKES LICE!***

Albert Whitman & Co., 1998

A light way to talk to children about head lice. Rhyming verses describe how one little girl gets head lice and how she and her parents get rid of them. Notes on each page provide factual information on head lice. Ages 4-10.

♥ Gordon, Melanie Apel

***LETS TALK ABOUT HEAD LICE***

The Rosen Publishing Group, 1998

Written for young children this discusses how you get head lice and how it's treated and how to prevent it.

♥ Rice, Judith Anne

***THOSE ITSY-BITSY TEENY-TINY-NOT-SO-NICE  
HEAD LICE***

Redleaf Press, 1998

Join Billy as he discovers that he has contracted head lice. Follow him as he learns about how head lice are spread, commonly used methods for getting rid of lice and ways to prevent the spread and reinfestation. Ages 5-10.

♥ Cho, Shinta

***THE GAS WE PASS: THE STORY OF FARTS***

Kane/Miller Book Publishers, 1994

This children's book illustrates the normal function of passing gas. Good for children who may have embarrassment because of a medical condition or fears associated with intestinal gas.

♥ Gomi, Taro

***EVERYONE POOPS***

Lane/Miller Publishers, 1993

This child's book affirms the normal process of our bodies to eliminate waste. Good for children who have fears or medical issues that would make this a concern.

♥ O'Brien-Palmer, Michelle

***SENSE-ABILITIES: A FUN WAY TO EXPLORE THE SENSES***

Chicago Review Press, 1998

Fun, sensory exploration activities for children ages 4-8.

♥ Ziefert, Harriet

***YOU CAN'T TASTE A PICKLE WITH YOUR EAR***

Blue Apple Books, 2002

This simple story provides a description of the five senses in a colorful, humorous way. Ages 4-7

♥ Cole, Joanna

***YOU CAN'T SMELL A FLOWER WITH YOUR EAR***

Grosset & Dunlap, 1994

Simple, sometimes funny explanations of the five senses. For children in grades 1-3.

♥ Yagyu, Genichiro

***THE HOLES IN YOUR NOSE***

Kane/Miller Book Publishing, 1994

This explains to children the purpose and function of the nose.

♥ Showers, Paul

***THE LISTENING WALK***

Harper Collins Publishing, 1991

A little girl and her dad take a walk together and she listens to all the different sounds around her. A good book to talk about our sense of hearing. Ages 3-7.

♥ Yagyu, Genichiro

***ALL ABOUT SCABS***

Kane/Miller Book Publishers, 1998

This book describes how scabs form, how they protect against germs, and why it is important to leave them alone.