

NH Family Voices Lending Library

**Books for Families and Children  
Managing Juvenile Rheumatoid  
Arthritis**



NH Family Voices  
Toll free in NH 1-800-852-3345 X 4525  
Or (603) 271-4525  
[www.nhfv.org](http://www.nhfv.org)

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

For more information call 1-800-852-3345 X 4525.

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♥ Miller, Dee Dee

***TAKING ARTHRITIS TO SCHOOL***

JayJo Books, 2002

Eric talks about how he was diagnosed with and manages his arthritis in this colorful and simple story. Very positive. Includes tips for teachers and additional resources. Story designed for ages 5-10.

♥ Kehret, Peg

***MY BROTHER MADE ME DO IT***

Simon & Schuster, 2000

Julie is 11 years old, and has JRA. This book is told through Julie's letters to her pen pal. The insights into her feelings about having JRA, taking chances and putting up with a younger brother makes this a wonderful book for children ages 9-12.

♥ Aldape, Virginia Totorica

***NICOLE'S STORY***

Lerner Publications, 1996

Eight year old Nicole has had JRA since she was 2 years old. Lots of pictures accompany the text of Nicole as she goes to school and has therapy. Nicely illustrates that she enjoys doing things like every other child her age.

Hoekstra, Elizabeth & Bradford, Mary  
***CHRONIC KIDS CONSTANT HOPE: HELP AND ENCOURAGEMENT FOR PARENTS OF CHILDREN WITH CHRONIC CONDITIONS***

Crossway Books, 2000

Written by two parents of children with chronic health conditions. This is a very faith based book. Offers tips on dealing with emotions, responding to insensitive remarks, navigating insurance and medical care mazes.

Smith, Tom E.C. & Patton, James R.

***SECTION 504 AND PUBLIC SCHOOLS: A PRACTICAL GUIDE FOR DETERMINING ELIGIBILITY, DEVELOPING ACCOMMODATION PLANS, AND DOCUMENTING COMPLIANCE***

Pro-Ed, 1998

A very practical guide that explains Section 504, contrasts it to IDEA. Eligibility determination form is outlined and it answers frequently asked questions about 504 plans. Also includes a guide to classroom interventions.

♥ Other books of interest may be found under topic area such as Chronic Illness, Education and Teens in Transition.

If you are looking for something that would address a particular need give us a call at 1-800-852-3345 X4525.

♥ Fall, Guy

***EVERYTHING YOU NEED TO KNOW ABOUT JUVENILE ARTHRITIS***

Rosen Publishing Group, 2003

Clear explanation of JRA, including symptoms, diagnosis and treatment. Tips from coping at home and at school. Lots of quotes directly from children and teens.

♥ Murphy-Melas, Elizabeth

***KEEPING A SECRET: A STORY ABOUT JUVENILE RHEUMATOID ARTHRITIS***

Health Press, 2001

Jennifer is diagnosed with JRA and initially keeps it a secret from her friends. In this story we learn how she manages her pain and adjusts her activities, as well as how she finally tells her friends.

♥ Striegel, Jana

***HOMEROOM EXERCISE***

Holiday House, 2002

Twelve year old Regan must face the possibility that her dream of becoming a professional dancer may not come true when she is diagnosed with JRA. Good for 12 year old and up.

♥ Gray, Susan H.

***LIVING WITH JUVENILE RHEUMATOID ARTHRITIS***

The Child's World, 2003

Aimed at dispelling some of the myths on JRA, this book provides general information and tips on managing symptoms.

♥ Scott, Rodanna

***PETER AND FRIENDS AT CAMP***

Jason & Nordic Publishers, 2006

Eight yr old Peter, who has JRA, and Dalton, who has CP, attend camp for the first time. Both are a bit afraid of new things, but find that new friends cheer them on and that camp is really fun.

♥ Simpson, Bethany and Julie

***BEHIND MY SMILE***

Exposure Printing, 2008

Co-written by 9 year old Bethany, who has juvenile idiopathic arthritis, and her mom, Julie. One section of the book tells Bethany's journey, and one tells Julie's. A great book for a parent and child with a chronic illness to read together.

Tucker, L. MD; Denardo, BA, MPH, PT; Stebulis, JA, MA; Schaller, JG, MD

***YOUR CHILD WITH ARTHRITIS: A FAMILY GUIDE FOR CAREGIVING***

John Hopkins University Press, 1996

This book will be an enormous help to families, parents, physicians and others with information on rheumatic diseases in childhood. Provides detailed information on topics of concern.

***RAISING A CHILD WITH ARTHRITIS: A PARENTS GUIDE***

Arthritis Foundation, 1998

A complete guide for parents, this book provides detailed information on JRA, treatment goals (pain management, exercise, medication) living well, school issues and a child's rights.

Lehman, Thomas J.A., MD

***IT'S NOT JUST GROWING PAINS: A GUIDE TO CHILDHOOD MUSCLE, BONE, AND JOINT PAIN, RHEUMATIC DISEASES AND THE LATEST TREATMENTS***

Oxford University Press, 2004

A thorough, very reliable guide detailing information on causes, symptoms, tests and treatments for arthritis and rheumatic diseases in children. Also includes info on chronic fatigue, Fibromyalgia, Lupus, Scleroderma and Kawasaki Disease.

Krane, Elliot J., MD

***RELIEVE YOUR CHILD'S CHRONIC PAIN***

Fireside/Simon & Schuster, 2005

This books provides tips on recognizing and rating pain and learning alternative pain management strategies. It also dispels fears about addiction to pain meds and provides information about pain clinics.

**Other Books of Interest**

♥ Miles, Brenda S. OHD

***IMAGINE A RAINBOW: A CHILD'S GUIDE TO SOOTHING PAIN***

Magination Press, 2006

A very colorful story and a great tool for introducing children to using their imagination and relaxation to deal with pain or anxiety. It also includes a section for parents on imagery, deep breathing, and how to help their child use these techniques.