

New Hampshire Family Voices
Lending Library

Books for Children and Families on Nutrition and Special Health Care Needs



NH Family Voices
29 Hazen drive
Concord, NH 03301
1-800-852-3345 Ext. 4525 or
(603) 271-4525
<http://www.nhfv.org>

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

Books are sent through the mail with return postage.

♥ **GO GLOW GROW - FOODS FOR YOU**

USDA Food and Consumer Service, 1996

This booklet explains the food pyramid and how eating right helps children to grow.

♥ Laird, Eileen

COOKING MADE EASY

Eileen Laid; 1996

Written especially for young people just learning to cook. Broken down into simple steps and can be used with a young person with developmental delays or learning disabilities.

♥ Davison, Martine

KEVIN AND THE SCHOOL NURSE

Random House; 1992

Kevin learns how important it is to eat three healthy meals a day when he skips breakfast, forgets his lunch and ends up in the nurses office feeling ill.

♥ Kohl, Maryann and Potter, Jean

COOKING ART - EASY EDIBLE ART FOR YOUNG CHILDREN

Gryphon House; 1997

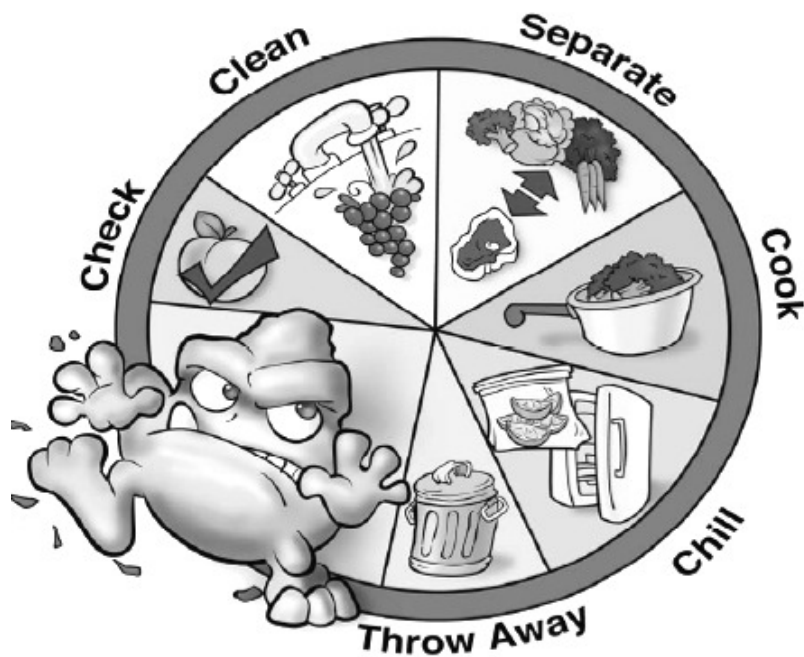
Transform the kitchen into an artist's studio with these edible art experiences. This book combines the familiar art of art exploration with the fascinating world of cooking.

Cederquist, Caroline J. MD

HELPING YOUR OVERWEIGHT CHILD: A FAMILY GUIDE

Advance Medical Press, 2002

This book will help families to work with their children to set reasonable goals, and make good food choices. Provides facts about nutrition, healthy eating, and exercise. Includes nutritional breakdowns of common foods, including fast foods and offers healthier options.



Food Safety

Meek, Merry, MS, CCC

HOW PARENTS COPE WITH A CHILD ON TUBE FEEDING

Clinician's View

In This video parents express their ideas and experiences, daily routines and medical concerns about tube feeding.

(30 min)

Merry, Meek M.S., CCC

PARENTAL CONCERNS INVOLVING ALTERNATIVES TO TUBE FEEDING

Clinician's View

This video discusses the different types of tube feeding devises (gavage, NG, GT) and includes parents who share their concerns and experiences with tube feeding. (35 min.)

OVERWEIGHT

♥ Sapiro, Lawrence E. PhD

FREDDY FIGHTS FAT

CTC Publishers, 2004

Freddy gets up in the morning, gets ready for school, pulls on his pants, and realizes they are snug. Definitely snug his parrot friend says. Follow Freddy as he fights fat by making a few adjustments to his eating habits, enlisting the help of his parents, and following the great advice of a caring doctor. One of the few titles out there dealing with childhood obesity. Great for adults as well. Includes Notes to Parents filled with good advice and further resources.

(Ages 4 to 12)

♥ Hoberman Mary Ann

THE SEVEN SILLY EATERS

Gulliver Books; 1997

Humorous story of a family full of picky eaters who unexpectedly learn a lesson in cooperation.



♥ Ferreira, Nancy J.

LEARNING THROUGH COOKING: A COOKING PROGRAM FOR CHILDREN TWO TO TEN

R&E Publishers; 1982

Cooking can be educational as well as fun. Through cooking children are introduced to a whole new world of sensations and learn manual dexterity and social skills. Kids will love the recipes.

♥ Weiner, Ellen

TAKING FOOD ALLERGIES TO SCHOOL

JaJo 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 included. (Ages 5-10).

♥ Nicole Smith

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 snacks.



♥ Goodrow, Carol

HAPPY FEET HEALTHY FOOD: YOUR CHILD'S FIRST JOURNAL OF EXERCISE AND HEALTHY EATING

Breakaway Books, 2004

A very colorful logbook to record activity levels, information on exercise and eating tips. Promotes the benefits of exercise and healthy snacking in a format children will enjoy. (Ages 6-12)

♥ London, Melissa

THE GF KID: A CELIAC DISEASE SURVIVAL GUIDE

Woodbine House, 2005

Words of wisdom mixed with humor in a cartoon format. Taken from the point of view of an 11 year old with Celiac disease, this book has good information for both kids and parents.

♥ Kruszka, Bonnie

EATING GLUTEN-FREE WITH EMILY: A STORY OR CHILDREN WITH CELIAC DISEASE

Woodbine House, 2004

A simple story about a 5 year old who is newly diagnosed with Celiac disease. The book is colorful and very positive.

♥ Falini, Nancy Patin

GLUTEN-FREE FRIENDS: AN ACTIVITY BOOK FOR KIDS

Savory Palate, Inc., 2003

Megan and Ben, two gluten free kids, explain what gluten is, why it makes kids with Celiac disease sick. They also discuss food choices. Simple format with easy to follow instructions for parents to guide kids through the activities. (Ages 4-11)



TUBE FEEDING

Morris, Suzanne Evans PhD

THE DEVELOPMENT OF ORAL MOTOR SKILLS IN CHILDREN RECEIVING NON-ORAL FEEDINGS

New Visions, 2000

Fairly technical resource book.

VIDEO'S

Dunn Klein, Marsha MeD OTR/L

TUBE FEEDINGS ARE MEALTIMES TOO!

Mealtime Notions, LLC, 2003

A video for parents of infants and young children who are about to receive or currently have, supplemental tube feedings. Clear information and demonstrations on how to make tube feeding less of a "procedure" and more of a meal time.

Dunn Klein, Marsha MeD OTR/L

TAKING TUBE FEEDINGS TO SCHOOL

Mealtime Notions, LLC, 2003

Packed with supportive information that describes the steps involved in tube feeding. (17 min.)

Dunn Klein, Marsha MeD OTR/L

THE JOURNEY FROM TUBE FEEDINGS TOWARDS ORAL FEEDING

Mealtime Notions, LLC, 2003

Created for parents of children who are tube fed this book provides information, strategies and support as they help their child move towards oral feeding. (29 min.)

DOWN SYNDROME

Medlen, Joan E. Guthrie

THE DOWN SYNDROME NUTRITION HANDBOOK

Woodbine House; 2002

A very comprehensive look and hands on book addressing bottle feeding, nursing, celiac disease, diabetes, weight management, fitness and exercise.

EPILEPSY

Freeman, John, MD; Kelly, Millicent T., RD & Freeman, Jennifer B.

THE EPILEPSY DIET TREATMENT: AN INTRODUCTION TO THE KETOGENIC DIET

Demos Vermande; 1996

Covers how the Ketogenic diet is initiated and maintained, parents examples of their experiences and thirty sample recipes.

Brake, Dennis and Cynthia

THE KETOGENIC COOKBOOK

Pennycorner Press; 1997

Recipes designed to be used as part of the Ketogenic diet treatment plan.

VIDEO: Abrams, Jim & Nancy

AN INTRODUCTION TO THE KETOGENIC DIET: A TREATMENT FOR PEDIATRIC EPILEPSY

Charlie Foundation; 1994

Information about the Ketogenic Diet as perfected at Johns Hopkins. Includes a kids introduction to the diet.

♥ Dean, Michelle L.

TAKING WEIGHT TO SCHOOL

JayJo Books, 2005

Tina is overweight and sometimes has a hard time seeing good things about herself. She talks about how it feels to be teased and talks about seeing a nutritionist, making food choices, exercise, attending a support group, and learning acceptance. (Ages 5-10)

♥ Haduch, Bill

FOOD RULES: THE STUFF YOU MUNCH, ITS PUNCH AND WHY YOU SOMETIMES LOSE YOUR LUNCH

Puffin Books, 2001

This is a comprehensive book on food and nutrition that is presented in a fun format for children. Full of zany, colorful cartoons and fascinating facts.

♥ Rockwell, Lizzy

GOOD ENOUGH TO EAT: A KID'S GUIDE TO FOOD AND NUTRITION

Harper Collins Publishers, 1999

Colorful, basic guide to nutrition this book covers foods a body needs every day, what vitamins and nutrients are for, and what a calorie is. It also includes a section of recipes for families to make together. (Ages 5-9)

♥ Hollerorth, Hugo J. and Kaplan, Debra

EVERYONE LIKES TO EAT - HOW CHILDREN CAN EAT MOST OF THE FOODS THEY ENJOY AND STILL TAKE CARE OF THEIR DIABETES

This is a fun and highly educational book that shows most children how they can eat and still control their diabetes. From the Joslin Diabetes Center, this full guide is full of puzzles, activities and problem solving exercises.

Barness, Lewis A. MD

FEEDING YOUR CHILD - NEWBORN TO TODDLER - A GUIDE FOR PARENTS

Health Information Network; 1995

Will help parents give their babies a good start in life by encouraging the child to develop good eating habits very early. Provides answers to frequently asked questions on topics such as breast feeding vs. bottle feeding, tips for feeding toddlers and more.

Sears, William, MD & Sears, Martha, RN

THE FAMILY NUTRITION BOOK: EVERYTHING YOU NEED TO KNOW ABOUT FEEDING YOUR CHILDREN - FROM BIRTH THROUGH ADOLESCENCE

Little, Brown and Company; 1999

This comprehensive book covers the six essential nutrient groups required for good health. It offers advice on feeding picky eaters, reading food labels, packing nutritious lunches and weight control.

Lowman, Diane Koontz & Murphy, Suzanne McKeever

THE EDUCATORS GUIDE TO FEEDING CHILDREN WITH DISABILITIES

Brookes Publishing; 1999

This book provides information for designing and implementing effective feeding plans for students with disabilities; including information on positioning, sensory reactions, oral and facial stimulation and adaptive equipment.

Satter, Ellyn RD. ACSW

HOW TO GET YOUR CHILD TO EAT... BUT NOT TOO MUCH

Bull Publishing Company; 1987

This book assist is understanding eating patterns and behaviors at different stages of a child's life, from infants to teenagers.

Sondel, Sherie RD & Hatman, Linda RD

A WAY OF LIFE: CYSTIC FIBROSIS NUTRITION HANDBOOK AND COOKBOOK

University of Wisconsin Hospital and Clinic; 1988

Designed to help clarify how CF affects the human body and explains the role diet plays in managing the disease. Contains information about creating a healthy diet and favorite family recipes.

Farmer, Gail M.S; RD & Wilcox, Sherri

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

Jumbo Jack's Cookbook Company, 1990

Provides information on diet for individuals with cystic fibrosis. Information on vitamins, the importance of fats in the diet, exercise and recipes and cooking tips.

DIABETES

Webb, Robyn, MS

DIABETIC MEALS IN 30 MINUTES - OR LESS!

American Diabetes Association, Inc.

A cookbook loaded with tasty recipes. More than 140 fast, flavorful recipes plus dozens of quick tips.

Glick, Ruth

THE DIABETES SNACK MUNCH NIBBLE NOSH BOOK

American Diabetes Association; 1998

150 quick to fix snacks and mini meals. Every recipe includes nutrient analyses and exchanges.



CELIAC/GLUTEN FREE

Danna Korn

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 preparations, shopping, etc. Also addresses some behavioral issues related to a special diet.

Sanderson, Sheri

INCREDIBLE EDIBLE GLUTEN FREE FOOD FOR KIDS

Woodbine House; 2002

In addition to 150 family tested recipes, this book provides an overview of Celiac Disease, and tips on entertaining and eating away from home. A resource section also lists gluten free suppliers.

CRANIAL FACIAL

FEEDING AN INFANT WITH A CLEFT

Cleft Palate Foundation; 1992

Recommendations for successfully feeding a child with a cleft lip & palate.

Maryland Chapter of the Cystic Fibrosis Foundation

CYSTIC FIBROSIS

CREATIVE FOOD

Cookbooks by Morris Press; 1989

Recipes contributed by parents of children with cystic fibrosis. In these pages you will find many practical ways to overcome the obstacles to good nutrition.

Wilson, Randy J.

NON-CHEW COOKBOOK

Wilson Publishing, 1985

This cookbook offers nutritionally balanced and tasteful recipes for individuals whose choice of foods is limited by their ability to chew.

Conners, C. Keith PhD

FEEDING THE BRAIN: HOW FOOD AFFECTS CHILDREN

Plenum Publishing Company; 1990

Presents a balanced and fair review of the effects of diet, vitamins, additives and environmental toxins on children's behavior. A reliable, clear and concise summary with interesting examples. As valuable for professionals as it is for parents.

TAYLOR, John F. PhD & Latta R. Sharon

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

R & E Publishers; 1993

The psychology of getting kids to follow prescribed guidelines for weight control, diabetes, or other medical conditions. Presents a comprehensive view of any child on any diet and raises questions that are often missed in diet counseling. Great tips.

Adelman, Tod and 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.

Macht, Joel PhD

POOR EATERS: HELPING CHILDREN WHO REFUSE TO EAT

Da Capo Press, 20002

A very thorough guide on the subject of eating problems. Full of basic information, practical tips and case studies. Tips on adding calories to diets are also included.

Ernsperger, Lori PhD and Stregen-Hanson, Tania OTR/L
JUST TAKE A BITE: EASY, EFFECTIVE ANSWERS TO FOOD AVERSIONS AND EATING CHALLENGES!

Future Horizons, 2004

A practical approach to helping children who are problem eaters and an excellent resource that offers a variety of strategies.

AUTISM

Lewis, Lisa PhD

SPECIAL DIETS FOR SPECIAL KIDS: UNDERSTANDING AND IMPLEMENTING SPECIAL DIETS TO AID IN THE TREATMENT OF AUTISM AND RELATED DEVELOPMENTAL DISORDERS

Future Horizons Inc.; 1998

Comprehensive book discusses special diets which may benefit children with Autism and related disorders. Food allergies and food intolerance, tests and nutritional supports are also covered. This book also includes recipes for recommended special diets.

Lewis, Lisa PhD

SPECIAL DIETS FOR SPECIAL KIDS TWO

Future Horizons, Inc., 2001

This sequel is loaded with additional recipes and tips to simplify the use of a special diet which may benefit children with autism and related disorders. It includes over 175 recipes.

Defelice, Karen

ENZYMES FOR AUTISM AND OTHER NEUROLOGICAL CONDITIONS

Purcell Printing, 2002

This book covers how enzymes work, who might benefit from enzyme therapy, what to expect as well as practical advice on selecting and introducing the right kind of enzymes. This also covers how this can be combined with other therapies.

Legge, Brenda

CAN'T EAT, WON'T EAT: DIETARY DIFFICULTIES AND AUTISM SPECTRUM DISORDERS

Jessica Kingsley Publishers, 2002

Written by a mother of a son with autism spectrum disorder, this book blends tips for dealing with food aversions with necessary humor.

CANCER

EATING HINTS FOR CANCER PATIENTS

National Institute of Health; 1997

Discusses eating well during treatment; managing eating problems, special diets and healthy recipes.

MANAGING YOUR CHILD'S EATING PROBLEMS DURING CANCER TREATMENT

National Institute of Health; 1994

This booklet contains ideas for parents to help their child's appetite during treatment.

James Haller

WHAT TO EAT WHEN YOU DON'T FEEL LIKE EATING

Robert Pope Foundation; 1994

Tasty, healthy food suggestions for those whose appetite is diminished due to cancer therapy or other life threatening illness.