

NH Libraries

At your local town library ask the librarian to help you find children's books that fit what you are looking for. If they do not have something on their shelves, books can be borrowed via the Interlibrary Loan program through NU-PAC.

The New Hampshire Union Public Access Catalog (NU-PAC) reflects the holdings of town libraries as well those held in colleges or outside traditional libraries. These books can be searched via the internet by visiting:

www.nhu-pac.library.state.nh.us

Specialty Libraries

These lending libraries have books for parents, children and professionals on disabilities and chronic health conditions.

NH Family Voices Library

1-800-852-3345 Ext. 4525

or (603) 271-4525

www.nhfv.org

Online bibliographies and e-mail request form.

Family Resource Connection

1-800-298-4321

or (603)

www.nh.gov/nhsl/frc

Online bibliographies.



NH Family Voices

A Family to Family Health
Information and Education Center

29 Hazen Drive
Concord, NH 03301

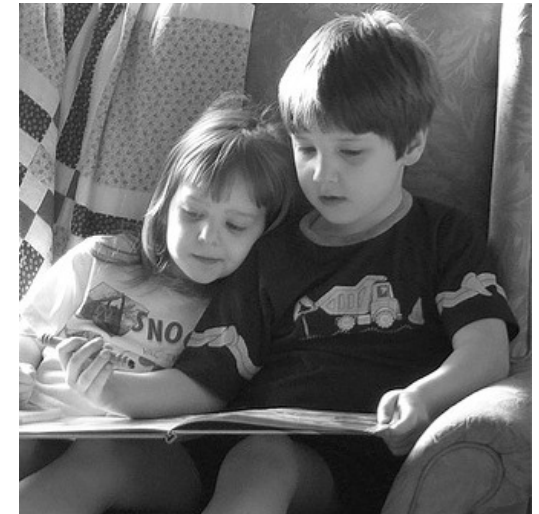
Phone: (800) 852-3345 X 4525
or (603) 271-4525

E-mail: nhfv@yahoo.com

Web: www.nhfv.org

Using Children's Literature

*To Assist in the Understanding
of a Chronic Health Condition
or Disability.*



Encourage friendships



Teach tolerance



Reduce fear



Provide correct information



Dispel myths and stereotypes



Promote understanding

Reading Aloud to Children

Reading aloud to a child is important because it helps them acquire the information and skills they need to succeed in school and life. It allows for questions and conversation beyond the story on the page.

Choose a comfortable place where the child can sit near you. Help them feel safe and secure. Be enthusiastic about reading. Show them that reading is an interesting and rewarding activity. When children enjoy being read to, they will grow to love books and be eager to learn to read.

Helping Children to Learn as You Read

By reading to your child you are helping him to learn new information, ideas, and vocabulary and learn how to use this knowledge to become full participants in life.

Children enjoy learning about their world and are many times more aware of differences around them than is realized. They may have seen another child sitting in a wheelchair, or know of someone who has a chronic health condition. Through the use children's books, a child can learn that all children have strengths, weaknesses, similarities and differences.



Tips for Using Children's Books About A Chronic Health Condition or Disability

- ♦ Read the story to yourself before you read it to a child. By reading it first you become familiar with the characters and can anticipate possible questions.
- ♦ Reading ahead also give you an opportunity to adapt words to reflect the terms your family uses such as body parts or bathroom terms.
- ♦ If you are using a book with a child that is experiencing a chronic health condition you may want to read for content to be sure it's appropriate for the situation.
- ♦ A book doesn't have to be about people. Some of the best books about inclusion, acceptance, or differences use animals or insects in life's situations. Knowledge can be gained from the message the book sends.
- ♦ There are many children's books available which depict things children fear (heading to school, the doctors, dentist, hospital, or having a medical procedure). Reading in advance of any of these life events, and having discussions with the child, helps to dispel myths and alleviate fear making for a more positive experience.



- ♦ It's easier for children to reach out in friendship to someone who acts or looks differently if they have been exposed to examples of these differences.
- ♦ There are many children's books that address healthy activities, such as brushing teeth, washing hands, eating well, etc. These books can encourage good health practices and help children in learning to take care of themselves.
- ♦ If a child has been diagnosed with a chronic health condition, using a children's book that explains it in terms they can understand may help take away the fear or uncertainty of what it means to their life.
- ♦ Choose stories that show kids with disabilities participating in activities familiar to children as well as showing specialized equipment that helps them play like others. Choose books that promote understanding and respect.