

Samalin, Nancy & Whitney, Catherine
***LOVING EACH ONE BEST: A CARING AND PRACTICAL
APPROACH TO RAISING SIBLINGS***

Bantam Books, 1997

Tips on stress relief, introducing a new baby to the family, helping Dad to become a parenting partner, curtailing bickering, managing anger. Comments from kids about what it is like to have siblings. Full of wit and wisdom.

Chvojicek, Ruth; Henthorne, Mary & Larson, Nola
***TRANSITION MAGICIAN FOR FAMILIES: HELPING
PARENTS AND CHILDREN WITH EVERYDAY
ROUTINES***

Redleaf Press, 2001

This book provides wonderful, simple tips for parents on handling transition times, such as bedtime or waiting at a doctor's office. All activities are presented in easily reproducible, one page formats.

VIDEO

 Terry, Paul & Wagonseller, Bill R.

***PARENT'S VIEW OF LIVING WITH A CHILD WITH
DISABILITIES***

United Learning Inc., 1995

From the practical parenting series. A delightfully presented, common sense approach to many aspects of parenting. Intended to give parents help through the challenges, rewards. Includes a facilitator's guide.

New Hampshire Family Voices

Books on Parenting a Child with Special Needs



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Miller, Nancy B. & "The Moms"
NOBODY'S PERFECT: LIVING & GROWING WITH CHILDREN WHO HAVE SPECIAL NEEDS

Brooks Publishing, 1994

Four mothers share with Dr. Miller the ups and downs of raising a child with a disability or chronic illness. Tips on working with professionals, relating to family members as well as community members, finding support and building self esteem in their children.

Naseef, Robert A. PhD.
SPECIAL CHILDREN, CHALLENGED PARENTS

Carol Publishing Group, 1997

This book is both a father's personal story of his severely disabled son and a professional guide for parents of children with special needs.

Winter, Judy
BREAKTHROUGH PARENTING FOR CHILDREN WITH SPECIAL NEEDS: RAISING THE BAR OF EXPECTATIONS

Jossey-Bass, 2006

An inspiring book, written by a parent. Full of practical tips, from dealing with the loss of the "perfect baby" dream, to working with professionals, understanding inclusion & supporting siblings.

Klein, Stanley D. & Shive, Kim
YOU WILL DREAM NEW DREAMS: INSPIRING PERSONAL STORIES BY PARENTS OF CHILDREN WITH DISABILITIES

Kensington Books, 2001

Mothers and fathers of children with cerebral palsy, Down syndrome, autism and other life changing illnesses share their personal stories.

Meyer, Don editor
THE SIBLING SLAM BOOK: WHAT IT'S REALLY LIKE TO HAVE A BROTHER OR SISTER WITH SPECIAL NEEDS

Woodbine House, 2005

Honest answers from 80 teen siblings to more than 50 questions about what it is like to have a sibling with special needs.

Strohm, Kate
BEING THE OTHER ONE: GROWING UP WITH A BROTHER OR SISTER WHO HAS SPECIAL NEEDS

Shambhala, 2005

Written by a counselor whose sister has cerebral palsy, this book is full of personal experience, interviews with siblings, and practical tips for parents, professionals and siblings.

Meyer, Donald
VIEWS FROM OUR SHOES: GROWING UP WITH A BROTHER OR SISTER WITH SPECIAL NEEDS

Woodbine House, Inc., 1997

Siblings share their experiences as a sibling of a child with a disability. Clearly speaks to siblings, letting them know they are not alone, that other kids have had their worries, felt their joy, met their challenges.

Kurcinka, Mary Sheedy MA
RAISING YOUR SPIRITED CHILD: A GUIDE FOR PARENTS WHOSE CHILD IS MORE INTENSE, SENSITIVE, PERCEPTIVE, PERSISTENT OR ENERGETIC

Harper Collins Publishers Inc., 1991

A refreshingly positive approach to parenting spirited, often called "difficult", children. Filled with personal insight, advice, and lively examples.



Gallagher, Gina & Konjoian, Patricia

SHUT UP ABOUT .. YOUR PERFECT KID! THE MOVEMENT OF "IMPERFECTION"

Shut Up, LLC, 2006

Written by two sisters and mothers of children with disabilities, this book is full of humorous, heartwarming stories sure to bring a smile to other parents raising "imperfect" children.

OTHER BOOKS YOU MAY FIND OF INTEREST

Heininger, Janet PhD & Weiss, Sharon M. Ed

FROM CHAOS TO CALM: EFFECTIVE PARENTING OF CHALLENGING CHILDREN WITH ADHD AND OTHER BEHAVIORAL PROBLEMS

Berkley Publishing Group, 2001

This practical guide offer tips to proactively parent a child with ADHD, OCD, depression, or other disorders which affect behavior, while avoiding common pitfalls.

Greenspan, Stanley I. MD

THE CHALLENGING CHILD: UNDERSTANDING, RAISING, AND ENJOYING THE FIVE "DIFFICULT" TYPES OF CHILDREN

Perseus Books, 1995

According to Dr. Greenspan, most children fall into one of 5 basic personality types—sensitive, self-absorbed, defiant, inattentive or active-aggressive. Tips on parenting, things to avoid and to use, for each type.

Madorsky Elman, Natalie PhD & Kennedy-Moore, Eileen PhD

THE UNWRITTEN RULES OF FRIENDSHIP: SIMPLE STRATEGIES TO HELP YOUR CHILD MAKE FRIENDS

Little Brown & Co., 2003

Written for parents of children who don't "fit in", or can't make friends, this book is full of practical activities, games & exercises to use with children to help sharpen their social skills.

Brodey, Denise

THE ELEPHANT IN THE PLAYROOM: ORDINARY PARENTS WRITE INTIMATELY AND HONESTLY ABOUT THE EXTRAORDINARY HIGHS AND HEART BREAKING LOWS OF RAISING KIDS WITH SPECIAL NEEDS

Hudson Street Press, 2007

A collection of very honest short stories from parents of children , ages 3-33. Stories touch on everything from sharing the joys & handling the disappointments, knowing what to share with others, making medical decisions, handling school, taking care of yourself.

Mercado, Denise

THEY CREATED US: SPECIAL EDUCATION, MEDICAID WAIVERS, EPSTD, INDEPENDENT CASE MANAGEMENT—A FAMILY'S JOURNEY THROUGH A BUREACRATIC MAZE!

Authorhouse, 2006

Written by a mother of a now adult son, who is a 24 year survivor of meningitis. This is the story of one family's journey through a variety of systems, and how that led one mother into the world of policy, and making a difference for her family and others.

McAnaney, Kate Divine

I WISH... DREAMS AND REALITIES OF PARENTING A SPECIAL NEEDS CHILD

United Cerebral Palsy Association of California, Inc., 1993

This wise, compassionate book speaks to the heart of what it is to live with and to love a child with a physical disability. Offers enormous support to people confronting similar situations. Includes moving first hand messages from adults with disabilities.



Williams, Pamela & Bezilla, Rena
GOD DON'T MAKE JUNK
Early Childhood Education Center;
1978

An older publication, but interesting. Parents and professionals share their experiences in the parenting a child with special needs.



Weinhouse, Don PhD & Weinhouse,
Marilyn MA
***LITTLE CHILDREN, BIG NEEDS: PARENTS DISCUSS
RAISING YOUNG CHILDREN WITH EXCEPTIONAL NEEDS***

University Press of Colorado, 1994

Candid interviews with families having a wide range of special health care needs. Provides advice, resources and support for families facing complex challenges.

Marsh, Jayne D.B.
***FROM THE HEART: ON BEING THE MOTHER OF A CHILD
WITH SPECIAL NEEDS***

Woodbine House, 1995

Nine mothers explore the intense, sometimes painful, emotional terrain of raising a child with special needs. The successes, setbacks, struggles and joys shared here cover important aspects of daily life, relationships, work, family and school.

Carroll, Bruce
SOMETIMES MIRACLES HIDE

Howard Publishing, 1999

Letters from families who have discovered the blessings of parenting a child with special needs, even when the child's time on earth has been brief. Includes CD of the song "Sometimes Miracles Happen". The lyrics of the song are through the book.

Stehli, Annabel, Editor
***DANCING IN THE RAIN: STORIES OF EXCEPTIONAL
PROGRESS BY PARENTS OF CHILDREN WITH SPECIAL
NEEDS***

Option One, 1995

22 parents of children with special needs share their stories of their child's success. The children profiled have ADHD, dyslexia, hyperlexia, PDD, communication delay, central auditory processing disorder, fetal alcohol syndrome, and autism.

Stoller, John
***PARENTING OTHER PEOPLE'S CHILDREN: UNDERSTAND
ING AND REPAIRING REACTIVE ATTACHMENT DISORDER***

Vantage Press, 2006

Dr. Stoller identifies the underlying problem as a lack of trust, and creates a model for families to use to address behavior. Very positive message "Do not give up!"

Thomas, Nancy L.
***WHEN LOVE IS NOT ENOUGH: A GUIDE TO PARENTING
WITH RAD- REACTIVE ATTACHMENT DISORDER***

Nancy L. Thomas, 2005

Written by a therapeutic parenting specialist who has for 20 years shared her life and home with children with RAD, this book provides many wonderful tips for building the parent/child relationship and healing the child.

Hughes, Daniel A.
***BUILDING THE BONDS OF ATTACHMENT: AWAKENING
LOVE IN DEEPLY TROUBLED CHILDREN (SECOND EDITION)***

Jason Aronson, 2006

Written in narrative form, this book follows Katie from birth to her 8th birthday. Her story blends attachment theory with the specialized therapies and parenting often necessary to build attachment.

Power, Paul W. SC.D. & Orto, Arthur Dell PhD

THE RESILIENT FAMILY: LIVING WITH YOUR CHILD'S ILLNESS OR DISABILITY

Sorin Books, 2003

Written for parents of children with a serious illness or disability, this book will help families to identify their own strengths, recognize the needs of all family members, learn to manage stress, and deal with medical providers effectively.

Ginsberg, Debra

RAISING BLAZE: BRINGING UP AN EXTRAORDINARY SON IN AN ORDINARY WORLD

Perennial Books, 2003

Written by a mother, this book covers the first 13 years of her son's life, especially the challenges of the school and medical systems. Filled with humor, honesty.

Featherstone, Heather

A DIFFERENCE IN THE FAMILY: LIVING WITH A DISABLED CHILD

Penguin Group, 1981

Discusses how parents and siblings cope with their feelings of fear, anger, guilt and loneliness. Also explains what kinds of support and understanding can be provided by professionals.

Simons, Robin

AFTER THE TEARS: PARENTS TALK ABOUT RAISING A CHILD WITH A DISABILITY

Harcourt Brace Jovanovich, 1987

While this is an older book, the feelings expressed by parents are timeless. They offer tips on handling the initial news, dealing with the guilt & anger, dealing with the sense of isolation, marital stress, family issues, and learning to work with professionals.

Tingey, Carol

HANDICAPPED INFANTS AND CHILDREN: A HANDBOOK FOR PARENTS AND PROFESSIONALS

Pro-Ed, Inc., 1983

Some of the language in this book is outdated, but still provides interesting, practical information on meeting the needs of a child with special needs, balanced with usual childhood experiences.

Kupfer, Fern

BEFORE & AFTER ZACHARIAH

Academy Chicago Publishers, 1988, 1998

This is a true story, written by a mother. It chronicles the life before and after the birth of a son, diagnosed as "brain damaged" and the eventual decision to place him in a residential facility.

Anderson, Carol

CHOICES: OPPORTUNITIES FOR LIFE

Pacer Center, 1996, 1999

Written by a parent advocate, this book addresses the importance of encouraging and teaching decision making in children with disabilities.

Downey, Martha Kate

IF YOU'VE EVER WANTED TO CRAWL IN THE CLOSET WITH AN OREO... TIPS FOR PARENTING A CHILD WITH SPECIAL NEEDS

Books by MK, 2003

Full of tips for coping with the stress of raising a child with special needs. A healthy dose of reality and humor.

Fialka, Janice

IT MATTERS: LESSONS FROM MY SON

Dance of Partnership Publications, 2007

A series of short stories and poetry, providing an intimate view of life with a child with a disability. Selections geared to professionals and to parents. Heartfelt & inspirational.

Etmanski, Al

A GOOD LIFE: FOR YOU AND YOUR RELATIVE WITH A DISABILITY

Orwell Cove / Planned Lifetime Advocacy Network, 2000

A workbook designed to encourage and inspire families to identify their own future plans for their child, and guide them through the process of achieving those goals.

WORKING TOWARD A BALANCE IN OUR LIVES: A BOOKLET FOR FAMILIES OF CHILDREN WITH DISABILITIES AND SPECIAL HEALTH CARE NEEDS

Harvard University, Office of the University Publisher, 1992

This booklet documents the ability of parents to achieve balance by moving from crisis to control, from challenge to opportunity, from questions to answers. Offers suggestions, "how to" information from parents.

Eveloff, Scott E. MD

BOTH SIDES OF THE WHITE COAT: AN INSIDER'S PERSPECTIVE ON THE CRITICALLY ILL CHILD

People with Disabilities Press, 2000

An interesting, personal account of the first seven years of life with a child who has congenital muscular dystrophy. Written by a father, who is a pulmonologist, whose wife is a pediatrician, this book clearly shows his perspective as parent and MD.

Edelson, Miriam

MY JOURNEY WITH JAKE: A MEMOIR OF PARENTING AND DISABILITY

Between the Lines, 2000

Written by a mom in Canada, this book profiles one family's challenges, and joys, while raising a child with special health care needs. This book also highlights policy issues regarding society's role in caring for children.

Klein, Stanley D. PhD & Kemp, John D., Editors

REFLECTIONS FROM A DIFFERENT JOURNEY: WHAT ADULTS WITH DISABILITIES WISH ALL PARENTS KNEW

McGraw Hill, 2004

Forty inspiring essays written by adults with different disabilities- spina bifida, cerebral palsy, deafness, autism, learning disabilities, muscular dystrophy, ADHD, visual impairment, Down Syndrome. All very honestly address the things they wish their parents knew, or did differently to support them.

Batshaw, Mark L. MD

WHEN YOUR CHILD HAS A DISABILITY: THE COMPLETE SOURCEBOOK OF DAILY AND MEDICAL CARE (REVISED EDITION)

Brookes Publishing, 2001

Written by a developmental pediatrician, this guide addresses pediatric care, behavior, nutrition, medications, rehabilitation, development, education, genetic counseling, legal rights, transition questions, for a variety of special health care needs.

Aron, Elaine N. PhD

THE HIGHLY SENSITIVE CHILD: HELPING OUR CHILDREN THRIVE WHEN THE WORLD OVERWHELMS THEM

Broadway Books, 2002

Provides an overview of what it means to be highly sensitive, and then practical tips for successful parenting of a child who is, from infancy to adulthood.

Kushner, Harold S.

WHEN BAD THINGS HAPPEN TO GOOD PEOPLE

Schocken Books, 1981

Written by a small town Rabbi, this book touches on his own experience and the bigger question of why bad things happen, when his son is diagnosed at the age of 3 with a rare disease.