

Shaer, Catherine MD

***ANSWERING YOUR QUESTIONS ABOUT SPINA BIFIDA:
A Guide from the Spina Bifida Program Department of
General Pediatrics***

Children's National Medical Center, 1995

This booklet offers information to help you understand the basic medical, educational and social issues which commonly affect people with spina bifida

Sandler, Adrian MD

***LIVING WITH SPINA BIFIDA - A GUIDE FOR FAMILIES
AND PROFESSIONALS***

University of Northern Carolina Press, 1997

Comprehensive guide focusing on health, emotional, developmental and daily living.

Appelmann, Larry E.

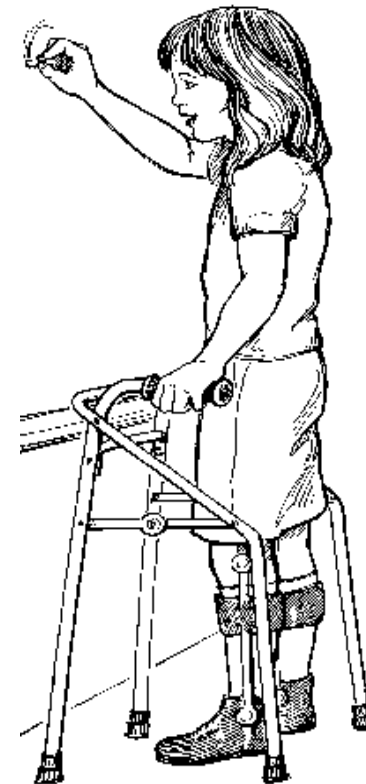
***LIVING WITH SPINA BIFIDA: SPEAKING OUT ABOUT MY
DISABILITY***

Trafford Publication/On Demand, 2002

An autobiography of a young man, age 22, and his experiences as a person with spina bifida.

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Books about Spina Bifida



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♥ Herrera, Juan Felipe
FEATHERLESS / DESPLUMADO
(Book in English and Spanish)
Children's Press, 2004

Tomasito, a 5th grade boy who has Spina Bifida, is in a new school, and is self conscious when asked why he is in a wheelchair. His father gets him a new pet, a bird who is a little different. He learns there is more than one way to fly - for both of them.

♥ McMahon, Patricia
DANCING WHEELS
Houghton Mifflin Company, 2000

Jenny, who dances sitting down, and Devin, who dances standing up, are dancing partners and part of the group of dancers started by Mary Verdi-Fletcher. Mary was born with Spina Bifida and leads this group of talented performers. Beautiful photos.

♥ Bryant, Louella
TWO TRACKS IN THE SNOW
Jason & Nordic Publishers, 2004

Six year old Will is very excited about learning to ski, but becomes a bit frustrated with it. His new friend Ari, who uses a mono ski and has Spina Bifida, helps him and suggests snowboarding. Before long the two friends are headed down the mountain.

♥ Dwight, Laura
WE CAN DO IT!
Starbright Books, 1997

Colorful photos and simple text that show children, one with Spina Bifida, a couple with CP, one with Down Syndrome and one blind, at home, school and play. Very positive. Also available in Spanish.

♥ Lutkenhoff, Marlene RN, MSN & Oppenheimer, Sonya G. MD
SPINABILITIES: A YOUNG PERSON'S GUIDE TO SPINA BIFIDA
Woodbine House, 1997

If you're a teen or young adult with spina bifida, you'll want to read this book. Gives practical tips and suggestions for becoming independent, and managing your health care. Provides you with information you need to set goals and make them a reality. Also recommended for parents, siblings, friends and teachers.

♥ Austin, Claire Mphil & Mizokawa, Stacey PhD
RIGHT UNDER MY NOSE
Children's Hospital Los Angeles, 2006

A wonderful book about Eddie, divided into three sections; a story, activity pages, tips on movement, exercise, diet, scars, bathroom needs.

*This book is available to download from the website:
www.myspinabifidabook.org The website also has activities.*

Lutkenhoff, Marlene RN, MSN, Editor
CHILDREN WITH SPINA BIFIDA: A PARENT'S GUIDE
Woodbine House, 2008 (2nd edition)

The new, expanded edition provides the latest information & resources for parents of children from birth to six years. Covers causes, diagnosis, surgical interventions, common medical concerns, development, parenting and toileting. Also includes perspectives from teens.