

## Resources for Children and Parents

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This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at [library@amputee-coalition.org](mailto:library@amputee-coalition.org).

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### Books for Children

***Coping with a physically challenged brother or sister*** / Linda Lee Ratto. 1st ed. New York: Rosen Pub. Group, 1992. ISBN 0-8239-1492-5. Offering a personal account of one who has faced and mastered the experience of sharing a life with physically challenged people, the author gives practical advice on how to cope with the feelings of being a family member of a person with a physical handicap. This book also includes a listing of further resources and related literature. (10 years - young adult)

***Coping with being physically challenged*** / Linda Lee Ratto. 1st ed. New York: Rosen Pub. Group, 1991. ISBN 0823913449. This book offers guidance to young people who have physical disabilities, with emphasis on the problems faced by teens in school settings and in the dating scene. (12 years - young adult)

***Different is not bad, different is the world: a book about disabilities*** / Sally L. Smith; illustrated by Ben Booz; edited by Jami Leutheuser. Longmont, CO: Sopris West, c1994. ISBN 1-57035-030-2. The purpose of this book is to help children realize that being "different" is okay; in fact, it makes people more interesting and the world a better place. This book is intended to help children with disabilities feel better about themselves, as well as to help children without disabilities become more accepting of those who do. (For teachers, parents and other adults)

***Everything you need to know about creating your own support system*** / Anna Kreiner. 1st ed. New York: Rosen Pub. Group, 1996. ISBN 0-8239-2215-4. This book looks at how teenagers can create their own support system—a group of people in their lives to whom they feel connected and who can help them build skills and solve problems.

***Kids on wheels: a young person's guide to wheelchair lifestyle*** / edited by Jean Dobbs. Horsham, PA: No Limits Communications: Leonard Media Group, c2004. ISBN 0-9712842-3-7. For kids and about kids, this book is about children in wheelchairs who are living a full life. It provides encouragement and numerous Web sites and phone numbers that can lead to more information.

#### Resource Types:

Books for Children  
Books on Diabetes for Children  
Books for Parents  
First Step and inMotion Articles  
ACA Fact Sheets  
Video  
Web Sites

#### Library OPAC

Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.



***Learning how to appreciate differences*** / Susan Kent. 1st ed. New York: PowerKids Press, 2001. ISBN 0-8239-5617-2. Discussing how to appreciate the differences in people, this book emphasizes the importance of following your interests, deciding what you like, standing up for yourself, and appreciating others.

***Learning how to feel good about yourself*** / by Susan Kent. New York: PowerKids Press, c2001. ISBN 0-8239-5615-6. This book describes how children can boost their self-esteem by doing things they enjoy and are good at and by seeking the advice and comfort of others.

***Let's talk about being in a wheelchair*** / Melanie Ann Apel. 1st ed. New York: PowerKids Press, 2002. ISBN 0-8239-5863-9. This book looks at what a wheelchair is, who uses a wheelchair, wheelchair access and sports, and info for first-time wheelchair users.

***The making of my special hand: Madison's story*** / Jamee Riggio Heelan; illustrations by Nicola Simmonds. 1st ed. Atlanta, GA: Peachtree Publishers, c1998. ISBN 1-56145-186-X. This illustrated book tells the story of Madison, a small girl born without her left hand. It explains, from her point of view, the process of obtaining a prosthesis. (2-5 years)

***My Brand New Leg*** / Sharon Rae North. Lithonia, GA: Northstar Entertainment Group, LLC, 2003. ISBN 0-9741544-0-7. The story of a young female amputee with a prosthetic leg who meets a new friend. She shows her new friend many activities, such as running, riding a bike and hiking, that she can still do with a prosthesis.

***What it's like to be me*** / written and illustrated entirely by disabled children; edited by Helen Exley. New York: Friendship Press, c1984. ISBN 0-377-00144-9. In drawings and words, children from all over the world describe how they feel about their disabilities.

***You and an illness in your family*** / Tabitha Wainwright. 1st ed. New York: Rosen Pub. Group, 2001. ISBN 0-8239-3352-0. This book provides useful information that will help a child understand his or her feelings when a member of the family becomes sick. It also tries to teach children how to cope with these tough situations.

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## Books on Diabetes for Children

***The dinosaur tamer and other stories for children with diabetes*** / by Marcia Levine Mazur, Peter Banks and Andrew Keegan. Alexandria, VA: American Diabetes Association, c1995. ISBN 0-945448-58-9. A collection of 25 stories portraying children with diabetes expressing their emotions, coping with difficulties and having fun.

***Even little kids get diabetes*** / Connie White Pirner; pictures by Nadine Bernard Westcott. Morton Grove, IL: A. Whitman, 1991. ISBN 0-8075-2158-2. A young girl who has had diabetes since age two describes her adjustments to the disease.

***My sister Rose has diabetes*** / written by Monica Driscoll Beatty; illustrated by Kathy Parkinson. Santa Fe, NM: Health Press, c1997. ISBN 0-929173-27-9. This book discusses the management of Type I diabetes, highlighting the issues of those without diabetes who sometimes feel forgotten in a family preoccupied with this chronic condition.

***Sarah and Puffie: a story for children about diabetes*** / by Linnea Mulder; illustrated by Joanne H. Friar. New York: Magination Press, c1992. ISBN 0-945354-41-X. Upset by the restrictions imposed by her

diabetes, Sarah dreams about a talking sheep that helps her accept her condition.

***Sugar was my best food: diabetes and me*** / Carol Antoinette Peacock, Adair Gregory and Kyle Carney Gregory; illustrated by Mary Jones. Morton Grove, IL: Whitman, 1998. ISBN 0-8075-7646-8. An eleven-year-old boy describes how he learned that he had diabetes, the effects this disease has had on his life, and how he learned to cope with them.

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## Books for Parents

***Changed by a child: companion notes for parents of a child with a disability*** / Barbara Gill. 1st ed. New York: Main Street Books, Doubleday, 1998. ISBN 0-385-48243-4. Filled with true stories from parents who understand the isolation and challenges children with disabilities can face, this is a work of compassion, insight, inspiration and hope.

***The child with a limb deficiency: a guide for parents*** / Darlene Talbot. Los Angeles: Child Amputee Prosthetics Project, University of California at Los Angeles, c1979. This book offers support and general guidelines for handling common concerns in rearing children with limb differences.

***Homemade books to help kids cope: an easy-to-learn technique for parents and professionals*** / Robert G. Ziegler. New York: Magination Press, c1992. ISBN 0-945354-50-9. This book shows parents how to create personalized books for and with their children. They can be written and designed to fit any situation. Whether the issue is relatively straightforward, such as moving to a new home, or highly complex, such as an amputation, the techniques described are flexible enough to use in any situation. Simple everyday items, a little time, and some creativity will go a long way in making communication more than just an idea.

***How to organize an effective parent group & move bureaucracies: for parents of handicapped children and their helpers*** / written by Charlotte Des Jardins; introduction by Barbara Rice; artwork by Roger Carlson. Chicago: Coordinating Council for Handicapped Children, c1971. This book is written specifically for parents of children with disabilities and their helpers to show them how to move bureaucracies and get better services for their children.

***Kids on wheels: a guide to wheelchair lifestyle for parents, teachers & professionals*** / edited by Jean Dobbs. Horsham, PA: No Limits Communications: Leonard Media Group, c2004. ISBN 0-9712842-3-7. This book encourages parents, teachers and other concerned adults to help children with disabilities make as many of their own choices as possible and move toward independence.

***The parent to parent handbook: connecting families of children with special needs*** / by Betsy Santelli, Florene Stewart Poyadue, and Jane Leora Young. Baltimore, MD: Paul H. Brookes Pub. Co., c2001. ISBN 1-55766-497-8. Parent to Parent programs match parents seeking information and emotional support in one-to-one relationships with experienced parents whose children have similar disabilities. This book shows how Parent to Parent programs work and how they can help.

***The special-needs reading list: an annotated guide to the best publications for parents and professionals*** / Wilma K. Sweeney; foreword by Ann Turnbull. Bethesda, MD: Woodbine House, 1998. ISBN 0-933149-74-3. This book provides short reviews and recommendations of the best books, journals, newsletters, organizations and other information sources about children with disabilities.

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## ***First Step and inMotion Articles***

**“Facing amputation surgery: facing congenital limb differences: a child is more than an arm or a leg”** / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2001. *First Step: A Guide for Adapting to Limb Loss*, 2001. This article looks at the challenges of parenting a child with limb differences.

[http://www.amputee-coalition.org/first\\_step/firststepv2\\_s1a12.html](http://www.amputee-coalition.org/first_step/firststepv2_s1a12.html)

[http://www.amputee-coalition.org/spanish/first\\_step/firststepv2\\_s1a12.html](http://www.amputee-coalition.org/spanish/first_step/firststepv2_s1a12.html)

[http://www.amputee-coalition.org/spanish/first\\_step/firststepv2\\_s1a12.pdf](http://www.amputee-coalition.org/spanish/first_step/firststepv2_s1a12.pdf)

**“A force of nature”** / Bill Dupes. Knoxville, TN: Amputee Coalition of America, 2005. *inMotion*, May / June 2005. At the age of 14, Nick Springer lost four limbs to meningitis. This is the story of how he overcame all obstacles and is thriving today.

[http://www.amputee-coalition.org/inmotion/may\\_jun\\_05/forceofnature.html](http://www.amputee-coalition.org/inmotion/may_jun_05/forceofnature.html)

[http://www.amputee-coalition.org/inmotion/may\\_jun\\_05/forceofnature.pdf](http://www.amputee-coalition.org/inmotion/may_jun_05/forceofnature.pdf)

**“Guest editorial: giving your child the gift of self-esteem”** / Char Greer. Knoxville, TN: Amputee Coalition of America, 1999. *inMotion*, July / August 1999. Char Greer, manager of the Area Child Amputee Center in Grand Rapids, Michigan, discusses the types of information and support that are important to families with a child with a limb difference.

[http://www.amputee-coalition.org/inmotion/jul\\_aug\\_99/esteem.html](http://www.amputee-coalition.org/inmotion/jul_aug_99/esteem.html)

**“My little miracle”** / Isabel Pereiras. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, September / October 2001. Isabel Pereiras discusses having children with limb differences. Her advice is to always tell them the truth when asked a question, love them just the way they are, help them learn to love and accept their body, encourage them to see the positives in life, and never dwell on their differences.

[http://www.amputee-coalition.org/inmotion/sep\\_oct\\_01/miracle.html](http://www.amputee-coalition.org/inmotion/sep_oct_01/miracle.html)

[http://www.amputee-coalition.org/inmotion/sep\\_oct\\_01/miracle.pdf](http://www.amputee-coalition.org/inmotion/sep_oct_01/miracle.pdf)

**“The parent-child caregiver experience”** / Jennifer Hesselschwerdt with Zahra Meghani. Knoxville, TN: Amputee Coalition of America, 2000. *inMotion*, January / February 2000. Jennifer Hesselschwerdt discusses parenting a child that has had a leg amputation.

[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_00/parentchild.html](http://www.amputee-coalition.org/inmotion/jan_feb_00/parentchild.html)

**“PARENTING: dreams of a perfect child”** / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, January / February 2001. The story of Steffini Vandever and her son Jonah, who was born with backward knees and clubbed feet, with a missing toe on each foot, as well as malformed hands and no forehead. Eventually Jonah had his legs amputated. Although there continue to be some struggles, Jonah is now doing well. He is able to walk independently on prostheses, he is intelligent, he has a great personality, and most of all he has a loving and devoted mom.

[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_01/parenting.html](http://www.amputee-coalition.org/inmotion/jan_feb_01/parenting.html)

[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_01/parenting.pdf](http://www.amputee-coalition.org/inmotion/jan_feb_01/parenting.pdf)

**“PARENTING: family ties”** / Zahra Meghani. Knoxville, TN: Amputee Coalition of America, 2000. *inMotion*, September / October 2000. This article looks at Barbara Wilkinson, a single parent and below-knee amputee. She talks about parenting, her amputation and her efforts to find peer support after the amputation.

[http://www.amputee-coalition.org/inmotion/sep\\_oct\\_00/parent.html](http://www.amputee-coalition.org/inmotion/sep_oct_00/parent.html)

**“Parenting primer: for parents of children with disabilities”** / Jenifer Simpson. Knoxville, TN: Amputee Coalition of America, 1999. *inMotion*, July / August 1999. Jenifer Simpson talks about being a parent of a

child with disabilities. She particularly addresses the range of feelings the parent can have.  
[http://www.amputee-coalition.org/inmotion/jul\\_aug\\_99/parent.html](http://www.amputee-coalition.org/inmotion/jul_aug_99/parent.html)

**“PARENTING: when the victims are children”** / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, March / April 2001. Diabetes is the second leading cause of amputations in the United States. Though only three percent of the total population, people with diabetes account for more than 50 percent of nontraumatic lower-extremity amputations. This article profiles Zack McCarter, a young boy with Type 1 diabetes.

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_01/parenting.html](http://www.amputee-coalition.org/inmotion/mar_apr_01/parenting.html)

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_01/parenting.pdf](http://www.amputee-coalition.org/inmotion/mar_apr_01/parenting.pdf)

**"What happened to your leg, Grandma?"** / Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 2003. *inMotion*, November / December 2003. This article looks at how we talk to children when a grandparent or other loved one needs to have an amputation or has had one.

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_03/grandma.html](http://www.amputee-coalition.org/inmotion/nov_dec_03/grandma.html)

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_03/grandma.pdf](http://www.amputee-coalition.org/inmotion/nov_dec_03/grandma.pdf)

[http://www.amputee-coalition.org/spanish/nov\\_dec\\_03/grandma.html](http://www.amputee-coalition.org/spanish/nov_dec_03/grandma.html)

[http://www.amputee-coalition.org/spanish/nov\\_dec\\_03/grandma.pdf](http://www.amputee-coalition.org/spanish/nov_dec_03/grandma.pdf)

**“When a parent loses a limb: helping children cope”** / Pat Isenberg. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, May / June 2001. This article presents a list of tips for helping children adjust to a parent with limb loss.

[http://www.amputee-coalition.org/inmotion/may\\_jun\\_01/parent.html](http://www.amputee-coalition.org/inmotion/may_jun_01/parent.html)

[http://www.amputee-coalition.org/inmotion/may\\_jun\\_01/parent.pdf](http://www.amputee-coalition.org/inmotion/may_jun_01/parent.pdf)

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## ACA Fact Sheets

**NLLIC/ACA fact sheet: when a parent loses a limb: helping children cope** / Pat Isenberg. Revised 2004 ed. Knoxville, TN: Amputee Coalition of America, 2002. This fact sheet includes common questions children ask when a parent has an amputation. Also included are several points of discussion to promote communication between parent and child.

[http://www.amputee-coalition.org/fact\\_sheets/childcope.html](http://www.amputee-coalition.org/fact_sheets/childcope.html)

[http://www.amputee-coalition.org/fact\\_sheets/childcope.pdf](http://www.amputee-coalition.org/fact_sheets/childcope.pdf)

<http://www.amputee-coalition.org/spanish/childcope.html>

<http://www.amputee-coalition.org/spanish/childcope.html>

[http://www.amputee-coalition.org/easyread/fact\\_sheets/childcope-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/childcope-ez.html) **Easy Read**

[http://www.amputee-coalition.org/easyread/fact\\_sheets/childcope-ez-spa.html](http://www.amputee-coalition.org/easyread/fact_sheets/childcope-ez-spa.html) **Easy Read**

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## Video

***The greatest gift that you can give your child: ways to build independence*** / Program Development Associates. Cicero, NY : Program Development Associates, c1999. This video is designed for parents who recognize the importance of independence for their special needs children. It offers suggestions and methods for initiating independence and includes a series of interviews with parents, children and adults with disabilities.

## Web Sites

**Insure kids now!: a national initiative to linking families to low-cost insurance programs.** Rockville, MD: U.S. Department of Health & Human Services, Health Resources and Services Administration, [200]-. At this Web site, information on state health insurance programs for infants, children and teens that provide free or low-cost coverage is presented.

<http://www.insurekidsnow.gov>

**International Child Amputee Network I-CAN!** / Bill Baughn. 1996-. This Web site contains information about an Internet mailing list that provides information and support contacts to children with absent or underdeveloped limbs and their parents.

<http://child-amputee.net/index.htm>

**KidsCamps.com.** Boca Raton , FL : NicheDirectories, LLC, 1995-. This Web site offers a comprehensive directory of camps and summer experiences, with over 21,000 searchable programs included in the directory.

<http://www.kidscamps.com>

**LimbDifferences.org: an online resource for families and friends of children with limb differences.**

[ United States]: LimbDifferences.org, 2002-. This site is a continuation of the super-kids.org Web site and newsletter. The site aims to provide practical information as well as emotional support for families and friends of children with limb differences.

<http://www.limbdifferences.org>

**PACER Center : parent advocacy coalition for educational rights.** Minneapolis, MN: PACER Center, [200]-. The mission of the PACER (Parent Advocacy Coalition for Educational Rights) Center is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families, based on the concept of parents helping parents. The PACER Center provides assistance to individual families, as well as workshops and materials for parents and professionals aimed at appropriate educational services for students with disabilities.

<http://www.pacer.org>

**Parents with disabilities online** / Trish Day. Sponsored by the Colorado Cross-Disability Coalition, this site provides information, support and resources to parents with disabilities.

<http://www.disabledparents.net/index.html>

**SNAP online: Special Needs Advocate for Parents.** Century City, CA: Special Needs Advocate for Parents, 1997-. The mission of SNAP is to provide information, education, advocacy and referrals to families with special needs children of all ages and disabilities.

<http://www.snapinfo.org>

**SuperHands** [electronic resource]: for kids and adults with hand and upper limb differences / developed by Steve Geigle. [199]-. Superhands is a forum for anyone to learn about and network with adults and youth who have hand or upper limb differences.

<http://www.superhands.us>

**YAZ: Youth Amputee e-Zine** . Knoxville, TN: Amputee Coalition of America, 2000-. This e-Zine is an extension of the Amputee Coalition of America's Youth Activities Program (YAP).



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