

## **RESOURCES FOR NEW PARENTS**

**Cunningham, Cliff.** *Understanding Down Syndrome: An Introduction for Parents.* Cambridge, MA: Brookline Books. 1999. (3<sup>rd</sup> printing).

An overview for new parents and professionals of children with Down syndrome.  
[www.brooklinebooks.com](http://www.brooklinebooks.com)

**Pueschel, Siegfried M. (Ed.).** *A Parent's Guide to Down Syndrome: Toward a Brighter Future.* Baltimore: Brookes Publishing. 2001.

A comprehensive reference book especially for new parents, but useful and informative for "seasoned" parents as well. Topics include: history of Down syndrome; developmental expectations; early intervention; the school years; recreation; adolescence and adulthood; vocational training and employment. 800-638-3775; [www.pbrookes.com](http://www.pbrookes.com)

**Selikowitz, Mark.** *Down Syndrome.* New York: Oxford University Press. 2008. (3<sup>rd</sup> Edition).

A substantial yet uncomplicated handbook written for parents, by a pediatrician, with basic information and observations. 800-451-7556. [www.oup.com/us/](http://www.oup.com/us/)

**Skallerup, Susan J. (Ed.)** *Babies with Down Syndrome: A New Parent's Guide.* Bethesda, MD: Woodbine House. 2008 (3<sup>rd</sup> Edition).

A comprehensive guide for new parents, covering all aspects of care for babies and young children. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

## **PARENTING SUPPORT AND INSPIRATION**

**Graf Groneberg, Jennifer.** *Road Map to Holland.* New York, NY: New American Library. 2008

A beautifully written story by a Mom getting to know "the child she didn't know she wanted, the child she always needed", her son with Down syndrome. 212-366-2000.

**Kidder, Cynthia and Brian Skotko.** *Common Threads: Celebrating Life with Down Syndrome.* Rochester Hills, MI: Band of Angels Press. 2001.

An essay and photographic celebration of inspirational accomplishments of people with Down syndrome. 800-963-2237; [www.bandofangels.com](http://www.bandofangels.com)

**Marshak, Laura E. and Fran Pollack Prezant.** *Married with Special Needs Children.* Bethesda, MD. Woodbine House. 2008.

Professional expertise and personal experiences from hundreds of parents help you realize you are not alone in facing relationship challenges, and provides guidance in keeping a marriage strong and healthy. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Meyer, Donald J. (Ed.).** *Uncommon Fathers: Reflections on Raising a Child with a Disability.* Bethesda, MD: Woodbine House. 1995.

Written for fathers, by fathers of diverse backgrounds. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Stallings, Gene.** *Another Season.* New York: Broadway Books. 1998.

Gene Stallings recounts his life as a football coach and a father, focusing on his relationship with his son Johnny, who has Down syndrome. [www.randomhouse.com](http://www.randomhouse.com)

**Soper, Kathryn Lynard.** *Gifts: Mothers Reflect on How Children with Down Syndrome Enrich Their Lives.* Bethesda, MD: Woodbine House. 2007.

A book of love, hope and joy that should be required reading for every doctor, nurse and genetic counselor who delivers the diagnosis of Down syndrome. Its 63 personal essays will offer hope to those new to the DS community, and affirm the experiences of "veteran" parents.

**Zuckoff, Mitchell.** *Choosing Naia: A Family's Journey.* Boston: Beacon Press. 2002.

A routine ultrasound reveals that the baby Tierney carries has a major heart defect, leading doctors to suspect Down syndrome. This book follows the Fairchild family and the decisions they must make regarding their unborn baby. 617-742-2110; [www.beacon.org](http://www.beacon.org)

### **SPECIFIC AREAS OF DEVELOPMENT**

**Bruni, Maryanne.** *Fine Motor Skills in Children with Down Syndrome: A Guide for Parents and Professionals, Second Edition.* Bethesda, MD: Woodbine House. 2006.

A practical and accessible guide to understanding and developing fine motor skills in children with Down syndrome. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Kranowitz, Carol Stock.** *The Out of Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction.* New York: Pedigree Books. 2003.

Provides a description of sensory integration dysfunction and includes dozens of activities with information on appropriate developmental age, equipment needed, how to prepare, what the child can do and what the benefits are. [www.out-of-sync-child.com](http://www.out-of-sync-child.com)

**Kumin, Libby.** *Early Communication Skills for Children with Down Syndrome.* Bethesda, MD: Woodbine House. 2003.

Focuses on speech and language development from birth through the stage of making three-word phrases. Covers problem areas and treatment. 800-843-7323. [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Kumin, Libby.** *Classroom Language Skills for Children with Down Syndrome.* Bethesda, MD: Woodbine House. 2001.

Covers the language needs of children in school, from kindergarten to adolescence, and how to address those needs in the IEP as well as adapting school work. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**MacDonald, James D.** *Communicating Partners: 30 Years of Building Responsive Relationships with Late-Talking Children.* London. Jessica Kingsley Publishers. 2004.

Practical strategies that families can use to help their children develop positive, engaging, and fun connections with others. [www.jkp.com](http://www.jkp.com)

**Miller, Jon F., Mark Leddy and Lewis A. Leavitt.** *Improving the Communication of People with Down Syndrome.* Baltimore: Brookes Publishing. 1999.

Provides a framework for assessing and treating speech, language, and communication problems in children and adults with Down syndrome. 800-638-3775; [www.brookespublishing.com](http://www.brookespublishing.com)

**Schwartz, Sue.** *The New Language of Toys: Teaching Communication Skills to Children with Special Needs.* Bethesda, MD: Woodbine House, 2004. (3<sup>rd</sup> Edition).

Ideas to help stimulate language development in children with special needs through play. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Winders, Patricia C.** *Gross Motor Skills in Children with Down Syndrome: A Guide for Parents and Professionals.* Bethesda, MD: Woodbine House. 1997.

Provides parents and professionals with essential information about motor development associated with Down syndrome. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

## **HEALTH**

**Medlen, Joan Guthrie.** *The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles.* Bethesda, MD: 2002.

A comprehensive guide teaching nutrition and healthy living for children with Down

syndrome from birth through young adulthood. 800-843-7323;  
[www.woodbinehouse.com](http://www.woodbinehouse.com)

**VanDyke, Don C. and Philip Mattheis, Susan Eberly, Janet Williams (Eds.).** *Medical & Surgical Care for Children with Down Syndrome.* Bethesda, MD: Woodbine House. 1995.

A guide for parents providing detailed, easy-to-understand information on a wide range of medical conditions. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

### **EDUCATION**

**Beckman, Paula J. and Gayle Beckman Boyes.** *Deciphering the System: A Guide for Families of Young Children with Disabilities.* Cambridge, MA: Brookline Books. 1993.

Provides basic information about parents' rights and many other aspects of the service system. Hundreds of good ideas and step-by-step suggestions for handling educational planning meetings. 800-666-2665. [www.brooklinebooks.com](http://www.brooklinebooks.com)

**Eason, Anne I. and Kathleen Whitbread.** *IEP and Inclusion Tips for Parents and Teachers.* Verona, WI. IEP Resources. 2006.

Easy to read format with 127 tips focusing on IEPs and inclusion processes. Chapters include *Getting Prepared for the IEP Meeting, Ensuring Access to the General Curriculum, and Friendships.* [www.attainmentcompany.com](http://www.attainmentcompany.com)

**Falvey, Mary.** *Believe in My Child with Special Needs! Helping Children Achieve Their Potential in School.* Brookes Publishing. 2005.

Helping parents become better advocates for their child's education with information about modifying curriculum, strategies for facilitating friendships, and creative problem solving. 800-638-3775; [www.brookespublishing.com](http://www.brookespublishing.com)

**Gartner, Alan and Dorothy Kerzner Lipsky.** *Inclusion: A Service Not A Place, A Whole School Approach.* Port Chester, NY: Dude Publishing. 2002.

A "how-to" guide for general and special education teachers who want to make their schools a welcoming and inclusive place for all students. 800-453-7461;  
[www.nprinc.com](http://www.nprinc.com)

**Horstmeier, DeAnna.** *Teaching Math to People with Down Syndrome and Other Hands-On Learners, Book 2: Advanced Survival Skills.* Bethesda, MD: Woodbine House. 2008.

This sequel continues with proven, practical hands-on activities, using games, manipulatives, props and worksheets. Includes more challenging skills usually taught in upper elementary, middle school and beyond. 800-843-7323;

[www.woodbinehouse.com](http://www.woodbinehouse.com)

**Horstmeier, DeAnna.** *Teaching Math to People with Down Syndrome and Other Hands-On Learners, Book 1: Basic Survival Skills.* Bethesda, MD: Woodbine House. 2004.

A guide to teaching meaningful math skills by capitalizing on visual learning styles. Covers introductory math skills, but may also help older students who struggle with math concepts. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Oelwein, Patricia.** *Teaching Reading to Children with Down Syndrome: A Guide for Parents and Teachers.* Bethesda, MD: Woodbine House. 1995.

This step-by-step guide to reading allows parents to work with their child at home and helps them coordinate reading lessons with teachers. 800-843-7323;

[www.woodbinehouse.com](http://www.woodbinehouse.com)

**Wright, Peter W. D. and Pamela Darr Wright.** *From Emotions to Advocacy-The Special Education Survival Guide, 2<sup>nd</sup> Edition.* Hartfield, VA. 2006.

Includes hundreds of strategies, tips, references, and internet resources to help parents understand the special education system. Reflects most recent changes to IDEA 2004 and NCLB Act. [www.wrightslaw.com](http://www.wrightslaw.com)

### **BOOKS FOR CHILDREN**

**Campos, Maria de Fatima.** *Victoria's Day.* Frances Lincoln Limited. 2007.

A typical day for four year old pre-schooler, Victoria, who brings as much to her classroom as she gets out of it. [www.franceslincoln.com](http://www.franceslincoln.com)

**Pitzer, Marjorie W.** *My Up & Down & All Around Book.* Bethesda, MD. 2008.

Each page features a fun photograph of a child with Down syndrome demonstrating the meaning of the word on that page. Also includes suggestions from Dr. Libby Kumin in using the book to help your child learn prepositions. 800-843-7323;

[www.woodbinehouse.com](http://www.woodbinehouse.com)

**Plucker, Sheri.** *Me, Hailey.* Hollidaysburg, PA. Jason and Nordic Publishers. 2005.

Hailey and her first day of kindergarten will help introduce children to some ideas of what it means to have Down syndrome. While acknowledging differences, Hailey

is positively portrayed as competent and capable. [www.jasonandnordic.com](http://www.jasonandnordic.com)

**Rheingrover, Jean Sasso.** *Veronica's First Year.* Morton Grove, IL: Albert Whitman & Co. 1996.

Nathan awaits the arrival of his new baby sister, Veronica, and becomes concerned about Veronica when his parents explain she is "special". 800-255-7675.

**Rickert, Janet Elizabeth.** *Russ and the Apple Tree Surprise.* Bethesda, MD: Woodbine House. 1999.

A day in the life of Russ, who happens to have Down syndrome. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com) (other titles in this series are: *Russ and the Firehouse* and *Russ and the Almost Perfect Day*.)

**Shriver, Maria.** *What's Wrong with Timmy?.* New York: Little Brown. 2001.

A mother helps her daughter understand that a child who looks or acts differently, is much more like her, than different. [www.twbookmark.com](http://www.twbookmark.com)

**Suve-Bodeen, Stephanie.** *We'll Paint The Octopus Red.* Bethesda, MD: Woodbine House. 1998.

A simple repetitive story told with warmth and directness puts young siblings' minds at ease, and helps them develop a positive outlook for their brother or sister with Down syndrome. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Stuve-Bodeen, Stephanie.** *My Best Worst Brother.* Bethesda, MD: Woodbine House. 2005.

A sequel to *We'll Paint the Octopus Red*, this book focuses on the sibling relationship, three years after Isaac is born. The family is learning sign language to help with communication. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Woloson, Eliza.** *My Friend Isabelle.* Bethesda, MD: Woodbine House. 2003.

Isabelle and Charlie are friends who don't have to be just alike to enjoy being with each other. Isabelle has Down syndrome, Charlie does not. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

### **BOOKS FOR SIBLINGS**

**McHugh, Mary.** *Special Siblings: Growing Up With Someone With a Disability.* Baltimore: Brookes Publishing. 2002.

Reflections on her own life growing up with a brother with cerebral palsy and

mental retardation, the author also interviews more than one hundred other siblings of individuals with special needs. 800-638-3775; [www.pbrookes.com](http://www.pbrookes.com)

**Meyer, Donald.** *Views from Our Shoes: Growing Up With a Brother or Sister with Special Needs.* Bethesda, MD: Woodbine House. 1997.

A collection of essays by children and young adults who have a sibling with special needs. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

**Meyer, Donald and Patricia Vadasy.** *Living with a Brother or Sister with Special Needs: A Book for Sibs.* Seattle: University of Washington Press. 1996.

Discusses specific disabilities in easy to understand terms, and the intense emotions brothers and sisters experience. 800-441-4115; [www.washington.edu/uwpress](http://www.washington.edu/uwpress)

**Meyer, Donald. (Ed.)** *The Sibling Slam Book: What it's REALLY Like to Have a Brother or Sister with Special Needs.* Bethesda, MD: Woodbine House. 2005.

The thoughts and feelings of eighty teen siblings from around the world, in the answers to 54 posed questions. 800-843-7323; [www.woodbinehouse.com](http://www.woodbinehouse.com)

### **VIDEOS/DVDs**

*Dakota's Pride: One Father's Search for the Truth About Down Syndrome.* 2008. Interviews with parents and professionals as a father sets out to find out what it means to be the parent of a new baby with Down syndrome.

*Discovery: Pathways to Better Speech for Children with Down Syndrome.* 2005. An overview of language development in children with Down syndrome, age two and up. Run time 81 minutes. Directed by Will Schermerhorn, Blueberry Shoes Productions, LLC. 703-338-1776. [www.blueberryshoes.com](http://www.blueberryshoes.com)

*Down Syndrome, The First 18 Months.* 2003. Featuring interviews with international experts on Down syndrome. Run time 108 minutes. Directed by Will Schermerhorn, Blueberry Shoes Productions, LLC. 703-338-1776. [www.blueberryshoes.com](http://www.blueberryshoes.com)

*Journey of a Lifetime... Beginning with the End in Mind.* 1998. Hosted by Karen Gaffney, this video emphasizes the importance of early intervention. Includes discussions with professionals and family members. Run time 1 hour. The Karen Gaffney Foundation, 815 N.W. 13<sup>th</sup> Avenue, Portland, OR 97209. 503-973-5130. [www.karengaffneyfoundation.com](http://www.karengaffneyfoundation.com)

*Kids with Down Syndrome: Staying Healthy and Making Friends.* 2008. A blend of experts—from parents to professionals—address potty training, nutrition, sleep

issues, and lots more. This is packed with lots of information that will be helpful to parents of newborns through school-age children. Run time 120 minutes. Directed by Will Schermerhorn, Blueberry Shoes Productions, LLC. 703-338-1776.

[www.blueberryshoes.com](http://www.blueberryshoes.com)

*What Did You Say? A Guide to Speech Intelligibility in Down Syndrome.* 2006. Libby Kumin looks at the importance of speech intelligibility and what makes clear speech challenging for people with Down syndrome. Run time 59 minutes. Directed by Will Schermerhorn, Blueberry Shoes Productions, LLC. 703-338-1776.

[www.blueberryshoes.com](http://www.blueberryshoes.com)

**For additional resources, please contact the National Down Syndrome Congress at 800-232-6372 or [info@ndsc.org](mailto:info@ndsc.org).**