

Recommended Books for Families of Children with Down Syndrome

Down Syndrome and Medical Information

Babies with Down Syndrome, A New Parents' Guide Karen Stray-Gunderson Great source of information on Down Syndrome, daily care, family life, early intervention, health care, special education, and advocacy.

A Parent's Guide to Down Syndrome Siegfried Pueschel, M.D., Ph.D., J.D., M.P.H. Crossing the lifespan, this thorough volume highlights developmental stages and shows recent advances that can improve a child's quality of life. New topics covered include IDEA 1997, impact of play on gross motor skills, and associations of DS with other disorders, such as ADHD and PDD.

The Down Syndrome Nutrition Handbook Joan Guthrie Medlen, R.D., L.D. Looks at all aspects of nutrition and healthy living for children with DS, from birth to adulthood. Comprehensive handbook will help teach and maintain healthy habits for people with DS.

Down Syndrome: Visions for the 21st Century William Cohen A new book that covers all areas of life and development for persons with Down Syndrome.

Communication Skills

Early Communication Skills in Children with Down Syndrome Libby Kumin, Ph.D., CCC-SLP This guide covers the progression of language development, from pre-language skills to the one and two word stages, and beyond. Contains a wealth of information and advice, plus practical home activities. Second Edition.

The New Language of Toys, Teaching Communication Skills in Children with Special Needs Sue Schwartz, Ph.D. and Joan E. Heller Miller, Ed.M. Provides a fun, hands-on approach to developing communication skills in children with disabilities using everyday toys. It has been expanded to cover a developmental range of birth through age six. Third Edition.

Signs for Me Bahan and Dannis, Dawn Sign Press 1990 This book presents American Sign Language handshapes for nouns, verbs, adjectives, pronouns, numbers and letters.

Sign and Say: Baby's First Words Layton, Peek a Boo Publishing 1999 Intro book with approximately 15 signs and manipulatives.

Simple Signs, More Simple Signs Cindy Wheeler These books have a nice selection of beginning words that children will use. It has beautiful watercolor pictures and clear descriptions on how to do the signs. Some examples of words in the books are cat, happy, eat, more, and girl.

Gross and Fine Motor Skills

Fine Motor Skills in Children with Down Syndrome Marryanne Bruni, BSc OT This how to guide describes fine motor development required for skills such as feeding, cutting, and handwriting in children with DS from birth through age 12. It features activities to do in the areas of self care, leisure, and schooling.

Gross Motor Skills in Children with Down Syndrome Patricia Winder, P.T. This book features over 100 easy to follow activities for parents to practice with infants and children through age six. It also covers how factors such as low tone, increased flexibility, and temperament affects gross motor development.

Views and Insights from Parents

Changed by a Child Barbara Gill A collection of different thoughts and essays about having a child with special needs.

Choosing Naia: A Family's Journey Mitchell Zuckoff A story about a family who learns that their unborn child is going to have Down Syndrome. It also is very informative and educational about Down Syndrome and issues that arise.

Common Threads: Celebrating Life with Down Syndrome Cynthia S. Kidder and Brian G. Skotko The accomplishments of 59 people with Down Syndrome are chronicled in this inspiring book.

Differences in Common Maryilyn Trainer A collection of almost fifty essays that span more than 20 years of a mother's experience raising a son with Down Syndrome.

Expecting Adam: A True Story of Birth, Rebirth, and Everyday Magic Martha Beck An autobiographical tale of an academically oriented Harvard couple who conceive a baby with Down Syndrome.

From the Heart: On Being the Mother of a Child with Special Needs Edited by Jayne D.B. Marsh Nine mothers explore the intense, sometimes painful, emotional terrain of raising children with special needs. The heartfelt narratives provide a vivid portrait of what these mothers find most important and most difficult.

Gifts: Mothers Reflect on How Children with Down Syndrome Enrich Their Lives Kathryn Lynard Soper An inspirational collection of stories written by mothers of children with Down Syndrome. These mothers, each with a unique story, graciously and honestly offer a glimpse of their journey.

Life as We Know It Michael Berube A book written by a dad of a child with Down Syndrome.

Uncommon Fathers Edited by Donald J. Meyer Nineteen fathers talk about the life-altering experiences of having a child with special needs and offer a welcome, seldom heard perspective on raising kids with disabilities, including autism, cerebral palsy, and Down Syndrome.

You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children with Disabilities Stanley D. Klein and Kim Schive Short stories by parents of children with special needs that unfold in plain language just what the parent suffering from informational and emotional overload needs. The appendix includes resources to help parents track down local information and support.

Books for Siblings

My Brother, Matthew Mary Thompson A book especially for siblings about the close relationship between two brothers, told from the point of view of a boy who has a younger brother with special needs.

Fasten Your Seatbelt: A Crash Course on Down Syndrome for Brothers and Sisters Brian Skotko and Susan P. Levine This book addresses preteens and teenagers who have a sibling with Down Syndrome.

The Sibling Slam Book: What it's Really Like to Have a Brother or Sister with Special Needs Rachel Simon Unedited words of 80 teenagers from the United States and abroad who talk about what it's like to have a brother or sister with special needs. Give teenagers a chance to say what's on their minds, and you might be surprised by what you hear.

Views From Our Shoes Edited by Donald J. Meyer In 45 essays, siblings ranging from 4-18 share their observations and experiences growing up with a sibling with a disability. Honest and heart felt, their essays will be meaningful to other kids who have a sibling with special needs.

We'll Paint the Octopus Red Stephanie Stuve-Bodeen Six year old Emma has big dreams for her new baby brother, but when she learns he has DS, she worries that he won't be able to do many of the fun things she's imagined. A reassuring story for young children bewildered by DS and what it means for their relationship with their sibling. It concludes with a helpful set of questions and answers about DS commonly asked by children.

Education Information

Classroom Language Skills for Children with Down Syndrome Libby Kumin, Ph.D., CCC-SLP Provides specific strategies for adapting the language demands of schoolwork and improving teacher-student communication.

The Early Intervention Dictionary, A Multidisciplinary Guide to Terminology Jeanine G. Coleman, M.Ed. This book defines hundreds of medical, therapeutic, and educational terms commonly used in the early intervention field. This new edition reflects changes in the field: new research, educational approaches, and treatments, as well as brand new terminology.

Negotiating the Special Education Maze Winifred Anderson and others Updated with the most recent changes to IDEA, this guide is one of the best tools available for developing an effective program for a child with special needs. Every step of the process is explained, from eligibility, evaluations, and testing, to the individualized education program and beyond.

Teaching Math to Children with Down Syndrome and Other Hands On Learners, Book1, Basic Survival Skills DeAnna Horstmeier, Ph.D. Book 1 covers introductory math skills, typically taught in preschool or elementary school, but which many older students still need help with.

Teaching Reading to Children with Down Syndrome Patricia Logan Oelwein This is a guide for parents and teachers using the author's nationally recognized, proven method. From Introducing alphabet to writing and spelling, the lessons are easy to follow.

Fictional Books for Children

ABC for You and Me, 123 for You and Me Margaret Gimis Great board books where the children featured have Down Syndrome.

Big Brother Dustin, Dustin's Big School Day Alden Carter Two nice stories that feature a boy with Down Syndrome.

Friends at School Rochelle Bunnett, Star Bright Books Wonderful portrait of children with different abilities working and playing together at school. The straightforward text and colorful photos illustrate the true meaning of the word inclusion.

I Can, Can You? Margorie Pitzer Board book full of babies with DS showing them busy doing what babies do best.

My Friend Isabelle Eliza Woloson Isabelle and Charlie are friends who are alike in many ways and also are different in many ways. Great book about friendships for ages 2-6.

Russ and the Apple Tree Surprise, Russ and the Firehouse, Russ and the Almost Perfect Day Janet Elizabeth Rickert New series featuring Russ, a five year old boy with DS. Appeals to children 3 and up. It has a refreshing focus of the child instead of his disability.

Where's Chimpy? Bernice Rabe, Albert Whitman and Co. 1991 Cute story about a little girl who cannot go to bed until she finds her stuffed monkey. The girl has DS but it's not even mentioned or part of the story, it's only about the girl, her dad, and the lost monkey!