

DSAS RESOURCE LIBRARY
(updated March 2014)

RESOURCE BOOKS ARE LOCATED AT THE CHILDREN'S TREATMENT CENTRE
HEALTH SCIENCES NORTH

(Please contact Julie Contini, DSAS via www.dsas.ca 'contact us page' if you have any questions)

Please note: for risk management purposes, when parking at the CTC you are required to sign in at the front desk and communicate that you are utilizing the Resource Library. All Books MUST be signed out and returned in a timely fashion as per the guidelines outlined in the CTC Resource Library room.

Book Title	Description
Gifts: Mothers Reflect on How Children with Down Syndrome Enrich Their Lives	<i>Personal stories Sixty-three mothers describe the gifts of respect, strength, delight, etc... which their child with Down syndrome has brought into their lives.</i>
Gifts 2: How People with Down Syndrome Enrich the World	<i>Personal stories. Stories by other family members, friends, teachers, medical professionals, coaches who share the joys of knowing and caring for someone with Down syndrome.</i>
Babies with Down Syndrome: A New Parents' Guide (Third Edition)	<i>This guide provides new parents with straightforward and compassionate advice and insight. Practical info. and emotional support.</i>

<p>Raising a Kid with Special Needs – Complete Canadian Guide</p>	<p><i>Disability expert Lisa Bendall offers a comprehensive and friendly guide for families. In clear, friendly language, a step-by-step guide to getting past the special needs and on to the business of living.</i></p>
<p>More than a Mom</p>	<p><i>This book explores how women can lead rich, fulfilling personal lives while parenting a child with special needs. The authors' skillful blend of research, personal experiences, and feedback from over 500 mothers across North America results in a book that is jam-packed with practical strategies, advice, and reassurance for mothers trying to create more manageable and fulfilling lives.</i></p>
<p>Down Syndrome: An Introduction for parents and Carers</p>	<p><i>This book covers many of the questions parents ask about the causes, characteristics and diagnosis of Down syndrome, allowing them to make the best decisions for their child's future and their own.</i></p>
<p>Down Syndrome Parenting 101</p>	<p><i>Author Natalie Hale provides must have advice on making your life easier.</i></p>
<p>Cooking by Colour: Recipes for Independence</p>	<p><i>Not just a cookbook, it's a method. Using colour coding, universal design, for learning, and plain language, the information in this book is presented to set every cook up for a successful experience in the kitchen.</i></p>

<p>Teaching Reading to Children with Down Syndrome (CD ROM Included)</p>	<p><i>A guide for parents and teachers. The reading method and lessons presented here are specifically designed to be motivating, fun and rewarding. Use the CD ROM to print out all the visual supports: picture and word cards, lotto, games, charts and more.</i></p>
<p>Try Reading Again: How to Motivate and Teach Older Beginners</p>	<p><i>This book showcases the successful Triangle Approach to reading instruction for reluctant and struggling older readers and non-readers, age 10 and up.</i></p>
<p>Teaching Math to People with Down Syndrome Book 1- Basic Survival Skills (CD ROM included)</p>	<p><i>Proven strategies and practical hands-on activities- with the help of games, manipulatives, props, and worksheets- to make learning concrete and more tangible to hands-on learners. Kids will learn addition and subtraction: count to 50 and beyond, and becoming familiar with a calculator, recognizing and writing numbers, etc.</i></p>
<p>Helping Children with Down Syndrome Communicate Better: Speech and Language Skills for Ages 6-14</p>	<p><i>This book provides parents and professionals with the information and resources they need to improve their child's communication at school, at home, and in the wider community. Chapters include case studies, research, home and school activities for practice, etc...</i></p>
<p>Teaching Children with Down Syndrome about their Bodies, Boundaries</p>	<p><i>This book gives parents the confidence to speak comfortably about these sometimes difficult subjects. The book is easy to read, non-clinical, and covers relevant issues and concerns for children of all</i></p>

<p>and Sexuality</p>	<p><i>ages. It concludes with extensive appendices, containing teaching materials and illustrations of body parts and functions.</i></p>
<p>Early Communication Skills for Children with Down syndrome: A Guide for Parents and Professionals</p>	<p><i>This book focuses on speech and language development from birth through the stage of making 3-word phrases. It explains how to prepare for and understand the results of a speech-language assessment, there are chapters on augmentative and alternative communication, etc...</i></p>
<p>The Down Syndrome Transition Handbook: Charting Your Child's Course to Adulthood</p>	<p><i>This handbook helps parents with the enormous and often overwhelming task of preparing a child with Down syndrome or other intellectual disability for adulthood. It's full of practical tips and step-by-step instructions for envisioning their child's future, developing a transition plan, and seeing it through. This guide covers:</i></p> <ul style="list-style-type: none"> <i>• Postsecondary options, Residential options</i> <i>• Financial issues, Legal issues and guardianship</i> <i>• High School, IEPs and transition goals</i> <i>• Training and employment, Transportation</i> <i>• Health care, Family and community</i>
<p>The basics: Supporting Learners with Intellectual Challenge in Regular Classrooms</p>	<p><i>A Resource for Teachers</i></p>

<p>Life Skills Activities for Special Children</p>	<p><i>Over 150 ready to use lessons with reproducible worksheets to help children develop the basic skills necessary to experience independence and success in everyday life.</i></p>
<p>Fine Motor Skills for Children with Down Syndrome: A guide for parents and professionals</p>	<p><i>This guide explains the best practices and procedures for helping children master the finger and hand skills needed for home and school activities.</i></p>
<p>Gross Motor Skills in Children with Down Syndrome: A guide for parents and professionals (birth to age 6)</p>	<p><i>This guide provides care givers with essential information about motor development including the impact of temperament and the effect of physical and medical conditions associated with Down syndrome.</i></p>
<p>Down Syndrome and Vitamin Therapy</p>	<p><i>This guide provides information regarding antibiotics, vaccinations, dietary deficiencies and more.</i></p>
<p>The Down Syndrome Nutrition Handbook: A guide to promoting healthy lifestyles</p>	<p><i>This book provides info., strategies, and tools promoting healthy living for people with Down syndrome and their families. The author encourages parents and professionals to start teaching healthy habits early, yet stresses it is never too late to make changes.</i></p>

<p>The Guide to Good Health for Teens and Adults with Down Syndrome</p>	<p><i>Health guide that covers the complete scope of healthcare and wellness needs for adolescents and adults.</i></p>
<p>Safe and Secure: Six steps to creating a good life for people with disabilities</p>	<p><i>A comprehensive guide that is sure to help individuals living with disabilities and their families plan for a positive future, one built on solid relationships and real opportunity.</i></p>
<p>DVD</p> <p>Discovery: Pathways to Better Speech for Children with Down Syndrome</p>	<p><i>81 min. This DVD offers practical advice, examples, and expertise for parents and professionals to follow as they help children with Down syndrome from infancy to age seven become the best talkers they can be.</i></p>
<p>DVD</p> <p>Down Syndrome The First 18 Months</p>	<p><i>108 min. This DVD is a reassuring and realistic introduction to the unique joys and challenges that children with Down syndrome bring to their families during the critical first 18 to 24 months of life. It's an inspiring and educational video for parents who want to know more, and an excellent tool for support groups and medical professionals.</i></p>

<p>DVD Then and Now</p>	<p><i>24 min.</i> <i>Then and Now looks at the past and future of the advocacy movement as seen through the eyes of eight Canadians with Down syndrome.</i> <i>This DVD explores the topics of: equality, inclusion, plain language, relationships and marriage, employment, the arts, education, transportation, active lifestyles, housing, institutions and health care.</i></p>
<p>NOVELS</p>	
<p>The Year My Son and I Were Born: A story of Down syndrome, Motherhood, and Self-Discovery</p>	<p><i>Novel</i> <i>Kathryn Soper. Her writing takes us through the struggles: navigating unfamiliar medical terrain, nurturing her six older children, keeping her marriage intact, and, above all else, accepting her son for who he is.</i></p>
<p>Roadmap to Holland</p>	<p><i>The author, Jennifer Groneberg shares the story of how she found her way through her son's first two years. This book is a resource, a companion for parents, and above all, a story of the love between a mother and her son.</i></p>
<p>Expecting Adam</p>	<p><i>A true story of Birth, Rebirth and everyday magic.</i></p>

<p>Downs – The history of a disability</p>	<p><i>David Wright, a Professor of History at the Institute for Health and Social Policy, McGill University, looks at the changing social responses to Down Syndrome from Medieval Europe to the present day in the first ever history of Down Syndrome.</i></p>
<p>Angel Unaware A touching story of love and loss</p>	<p><i>Roy Rogers story of having a child with Down syndrome in the 1950's.</i></p>
<p>BLOOM</p>	<p><i>Author Kelle Hampton Finding Beauty in the Unexpected – A Memoir</i></p>
<p>The Politics of Down Syndrome</p>	<p><i>Down syndrome is the most common syndrome in the world, shared by all classes and races, yet it's one we rarely address our feelings about, head on. This book, although direct and questioning, takes a positive view about where we go from here and the opportunity for society to fully enjoy the benefits of being inclusive.</i></p>
<p>Greater Expectations – Living with Down Syndrome in the 21st Century</p>	<p><i>Covering Down syndrome from conception to old age, this historical analysis touches upon a variety of themes, including education, friendship, health, recreation, sexuality, employment, and independence.</i></p>

<p>Room 47: Down Syndrome – A New Father’s Diary</p>	<p><i>A new Father’s Diary</i> <i>This book charts the journey of our first year with our little daughter Chiara, giving a candid account of the struggles, the triumphs, the joys and the tears.</i></p>
<p>The Unfinished Child</p>	<p><i>Intertwined throughout the novel is the story of Margaret, who gave birth to a daughter with Down syndrome in 1947, when such infants were defined as "unfinished" children. As the novel shifts back and forth through the decades, the lives of the three women converge, and the story speeds to an unexpected conclusion.</i></p>
<p>Who’s the Slow Learner? A Chronicle of Inclusion and Exclusion</p>	<p><i>This is the first book that chronicles a student with special educational needs from preschool to high school graduation. It is a story of triumphs and successes; losses and failures. Not a "how to" book but the chronicle of "how they did it" as Inclusion pioneers.</i></p>
<p>In my World Down Syndrome</p>	<p><i>Mika is a nine-year-old girl that sees the world differently than anyone else. Children with Down syndrome, like Mika, are angels that help us see the world with our hearts, instead of our eyes.</i></p>
<p>Raising Henry: A Memoir of Motherhood, Disability, and Discovery</p>	<p><i>In this moving, literary book, Adams, a professor of English and American studies at Columbia University, shares the story of her second son, Henry, born with Down syndrome.</i></p>

<p>Another Season: A coach's story of raising an exceptional son</p>	<p><i>Author, Gene Stallings, writes about the trials and the joys of raising a "special" child, and he does so with honesty, perception, and compassion. It is a warm hearted story of a family that faced tough odds- and won.</i></p>
<p>CHILDREN'S BOOKS</p>	
<p>Why Are You Looking at Me?: I Just Have Down Syndrome</p>	<p><i>This story is about the life of a child with Down Syndrome that wants to be your friend. Lynn may look different than most children, but has many of the same likes and dislikes. Help your child discover what it means to accept and embrace a relationship with people who are different.</i></p>
<p>My Friend Has Down Syndrome (Friends with Disabilities)</p>	<p><i>A story of two girls, Sarah, who has Down Syndrome and Carmen. The book highlights their differences and similarities. It explains to children that although kids with Down Syndrome may look different, everyone looks different.</i></p>
<p>Taking Down Syndrome to School (Special Kids in School)</p>	<p><i>When read aloud, other children can identify why a peer may be treated differently and begin to empathize with them. In addition, children whose conditions set them apart as being different begin to feel accepted and safe. In Taking Down Syndrome to School, Nick's story explains what Down Syndrome is and how it affects children born with it.</i></p>

<p>My Name is Sean and I Have Something To Share</p>	<p><i>Sean McElwee was successfully fully included in elementary school with all of the supports, accommodations and modifications he needed to succeed. This book introduced him to all of the first grade classes, and facilitated his acceptance. He was included in all aspects of his school, learned to read, excelled in math, performed in talent shows and most of all made many friends.</i></p>
<p>I Have Down Syndrome (Taking Care of Myself)</p>	<p><i>Age range 8 and up, grade level 3 and up.</i></p>
<p>I have Down syndrome, what does that mean?</p>	<p><i>Is a book written for children who are learning about what it means to have Down syndrome</i></p>
<p>I Can, Can You?</p>	<p><i>Babies and toddlers with Down syndrome discover their world and enjoy new experiences.</i></p>
<p>My Friend Isabelle</p>	<p><i>This book encourages one to think about why friendships are special and how differences can make the world more interesting.</i></p>
<p>In Jesse's Shoes: Appreciating Kids with Special Needs</p>	<p><i>In this sensitive yet realistic story, Jesse's sister struggles to understand her brother- and the kids who make fun of him. This book will encourage families everywhere to appreciate and befriend children with special needs.</i></p>

<p>My Friend has Down Syndrome (Let's Talk About it)</p>	<p><i>Two children who meet at summer camp and the warm friendship that develops between them. Both learn that everybody is good at something and that by helping each other overcome their fears and difficulties, they can accomplish a great deal.</i></p>
<p>We'll Paint the Octopus Red</p>	<p><i>Emma has big dreams for the new baby. Then she learns that her brother has Down syndrome....</i></p>
<p>The Best Worst Brother</p>	<p><i>Another story about Emma and her little brother. An endearing look at a sibling relationship between Emma and her little brother who has Down syndrome</i></p>
<p>Fasten Your Seatbelt: A crash course on Down syndrome for brothers and sisters</p>	<p><i>Fasten Your Seatbelt is a complete guide to the joys and challenges of growing up with a brother or sister who has Down syndrome.</i></p>
<p>I Know Someone With Down Syndrome</p>	<p><i>This book introduces readers to what Down Syndrome is, how it affects people, and what they can do to be a good friend to someone living with Down Syndrome.</i></p>