

## **Some Books for Parents to Read with Their Children**

*Why Am I Different?* Norma Simon. Morton Grove: Whitman & Company, 1976.

Parents may use this book to help their child explore many of the individual differences their child may encounter or experience. The book illustrates that being different is good and states that everyone is different in many ways and similar in other ways.

*A Boy & a Bear, The Children's Relaxation Book.* Lori Lite. Plantation: Specialty Press, 1996.

This book is useful as a bed time story or to help teach your child how to cope with anxiety and stress. This story is about a boy meeting a bear and is designed to introduce a relaxation technique to children three to ten years old.

*The Affirmation Web, A Believe in Yourself Adventure.* Lori Lite. Plantation: Specialty Press, 1997.

Suggested for children ages five to eleven, this story about a young girl's adventure in the forest helps raise your child's self-esteem and self-confidence. It is a great avenue to help explore your child's feelings and whether or not they agree with the statements made in the story, for example "I am smart" and "I believe in myself."

*Putting on the Brakes, Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder, Revised Edition.* Patricia Quinn & Judith Stern. Washington, DC: Magination Press, 2001.

This is a two part book about ADHD that is intended for parents, professional, and children ages eight to thirteen. Part 1 explains ADHD, while Part 2 explains issues related to gaining control, such as getting support and making friends. To help the reader gain a better understanding, the book includes a glossary and information about other useful resources pertaining to ADHD.

***The following is from LD Online's list of books for children. Website:***  
**<http://www.ldonline.org/article.php?max=20&id=350&loc=40>**

*How Dyslexic Benny Became a Star: A Story Of Hope for Dyslexic Children and Their Parents*

By Joe Griffith Illustrated by Jenny Schulz. G. Reid Lyon - Yorktown Pr; 1 edition (January 1998) - Reading level: Ages 9-12

A touching account of one youngster's struggle in learning to read and the painful journey that he took to gain self-confidence, self-respect and tremendous success as a human being, as a student, and as an athlete. Benny's story stands as a tribute to the human spirit and should serve as an excellent resource for students with dyslexia, their parents and their teachers.

## Some Books of Interest to Parents

### Dyslexic Children

*How to Teach Your Dyslexic Child to Read, A Proven Method for Parents & Teachers.* Bernice H. Baumer. New York: Kensington Publishing, 1996.

The author spent over twenty-five years tutoring dyslexics and shares her experiences through this resourceful and comprehensive three part book. Part 1, "Disability Problems & Ways to Correct Them," includes information and true stories about different issues many dyslexic student's face, such as difficulty with comprehension and spelling. Part 2, "How to Tutor Your Child One-to-One," covers a range of important issues to help parents from the beginning to executing daily lessons. Part 3 provides pictures, charts, and word lists to help parents teach their child to read. This book is designed for children from kindergarten through third grade.

**The following is a book review by Colleen Finegan-Stoll, Ph.D. Website:**  
<http://www.ed.wright.edu/~cfinegan/notrgt.htm>

Something's not Right: One family's struggle with learning disabilities by Nancy Lelewer.

Something's not Right: One family's struggle with learning disabilities is the story of Nancy Lelewer, the author, who tells her story of her 4 children, 3 of whom were, in some way, learning disabled. The story centers around Brian, the Lelewer child with the most severe and least understood learning disability.

The story begins in the 60's when little was known about learning disabilities and, often, physicians, educators and parents were at a loss to know what was best for a child with learning differences. This is a tribute to a parent who was a real advocate for her son. Nancy followed what she was felt was best, even when the "professionals" did not agree with her; she had undying confidence in her ability to know what was "working" for Brian and what was not.

Nancy's words reflect her own questioning and self-doubt, her guilt and blaming of self and others and the stress which often exists within the family of a child with special needs. She shares with us her unending search for answers to questions, for the right educational program for Brian and for a way to "provide equal time" to her other children.

Something's not Right is also a resource book, providing background information and research findings on learning disabilities. It also lists addresses of organizations, recommended books for parents and books to help older and younger children understand learning disabilities.

Lelewer, N. (1994) Something's not Right: One family's struggle with learning disabilities. Acton, MA: VanderWyk & Burnham.

### Left-handed Children

**The following website has a list of books for left-handed children:**  
[http://www.anythingleft-handed.co.uk/acatalog/childrens\\_books.html#](http://www.anythingleft-handed.co.uk/acatalog/childrens_books.html#)

**I found the following listing the most beneficial:**

**Video - Left Handed Children (NTSC)** (code 340N)

This unique video provides step by step details of how to help left-handed children with handwriting and

other areas of the curriculum. Described by the Teacher Training Agency as "an extremely useful resource...very informative and thought provoking". This video has been distributed by the TTA to all teacher training colleges in England and is invaluable for all left-handed children, their parents and teachers.

## ADHD

**The information listed below is from:**

**<http://www.amazon.ca/exec/obidos/ASIN/1572243899/702-4199820-6389640>**

*The Gift Of ADHD: How To Transform Your Child's Problems Into Strengths.* By Lara Honos-Webb.

From Publishers Weekly

A diagnosis of ADHD (attention deficit hyperactivity disorder) does more than label a child's behavior problems—it affects his or her self-esteem, relationships and future, says psychologist Honos-Webb. The way parents and teachers treat an ADHD child can mean the difference between a successful life and an unnecessarily difficult one. In this sensitive exploration of ADHD, Honos-Webb uses case studies, field research and her personal experience as a clinical psychologist and sister of a brother with ADHD to teach parents how to become advocates for their children and "reframe" their view of the disorder. While most people are familiar with the dramatic behavioral symptoms of ADHD—severe inattention and impulsiveness—there is a less-reported flip side: children with ADHD exhibit exceptional strengths that Honos-Webb sees as opportunities. These gifts include emotional sensitivity toward others, passion and exuberance, unusual problem-solving skills and a love of nature. Honos-Webb's goal is to bring these traits to light and help parents transform "symptoms into talents—or at the least, lovable eccentricities." Through interactive exercises, such as directed daydreaming and storytelling, she helps parents and children work together to rise above the negativity so often directed at them by "an outdated education system" that does little to accept and support children with ADHD. This unique book stands out from the sea of books in its field. (Mar.)

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**The following list of books is from- *Recommended Reading*, by Julie Loe, B.S., PTA, Director of Pediatric Services. I listed the books that I thought would be most useful.**

**Website: <http://www.pediatricervices.com/read-kids.htm>.**

### *Shelly The Hyperactive Turtle*

Deborah M. Moss

An aid for parents to help them explain ADHD to their preschool or primary grade youngster. Ages 4-8 Fully illustrated.

***Many Ways to Learn: Young People's Guide to Learning Disabilities***

Judith Stern, M.A., Uzi Ben-Ami, Ph.D.

This book is written for young people ages 8-14. Reading it will help them learn to help themselves as it provides a clear and positive understanding of what it means to have learning disabilities.

***Nick Joins In***

Joe Lasker

A free, appropriate public education is guaranteed for all handicapped children and whenever possible, they will be educated alongside non-handicapped children, a practice known as "mainstreaming". This book may help overcome child's apprehension.

***Help Is On The Way: A child's book about ADD***

Marc A. Nemiroff, Ph.D. & Jane Annunziata, Psy.D.

Written from a child's point of view for children ages 5 to 9 and their parents to help them gain an overview of ADD and its effects. Not intended as a comprehensive text or guidebook.

***I Want You Moo: A Story for Children About Self-Esteem***

Marcella Bakur Weiner & Jill Neimark

This book is designed to be read to and with children ages 4-8. It offers parents, teachers and counselors the chance to engage in an open discussion of the rarely discussed subject of self-acceptance and self-loathing.

***Otto Learns About His Medicine: A Story About Medication For Children with ADHD***

Matthew Galvin, M.D.

This book should help children ages 4 to 8 and their parents bring a greater awareness and comfort to their discussions with the doctor, as well as to encourage them to talk about the effects of ADHD and of the medication.

***Zipper, The Kid With ADHD***

Caroline Janover, Illustrated by Rick Powell

A novel for children age 8-11 which captures the high energy and impulsive nature of a typical ten-year-old with ADHD. Zipper is a lovable and bright child motivated to reach for his dreams. To realize his goal he must come up with a plan and stick with it!

***Baby Book: For the developmentally challenged child***

R. Mathews

A unique approach to the traditional "Baby Book" designed for children with developmental disabilities. Special sections for medical histories and Mom and Dad's feelings

***The Misunderstood Child, Understanding and Coping with Your Child's Learning Disabilities*, Third Edition**

Larry B. Silver, M.D.

Provides information to help parents create the type of family and school programs that maximize growth toward a happy successful life.

Many of the book suggested below are from the list on :<http://www.bellmore-merrick.k12.ny.us/readit8.html>

### **Reading Level K-1 (ages 4-8 years)**

*The Giving Tree* by Shel Silverstein (Illustrator)

*Today I Feel Silly: And Other Moods That Make My Day* by Jamie Lee Curtis, Laura Cornell (Illustrator)

### **Reading Level 2nd-3rd**

*The Wheels on the Bus* Brooks, Donna

### **Reading Level 5th-6th**

*Because Of Winn-Dixie* by DiCamillo, Kate

*Tales of Magic: Boxed Set* (includes *Half Magic*, *Knight's Castle*, *Magic by the Lake* and *Time Garde*) by Eager, Edward and Bodecker, N.M.

### **Reading Level 6th-8th**

*Habibi* by Nye, Naomi Shihab

### **Reading Level 8th**

*Joey Pigza Swallowed the Key* by Gantas, Jack.

### **Reading Level 9th**

*Staying Fat for Sarah Byrnes* by Crutcher, Chris

*Alicia, My Story* by Appleman-Jurman.

*The Crystal Cave* by Stewart, Mary.

### **Reading Level 10<sup>th</sup>**

*Scarlet Letter* by Hawthorne, Nathaniel

*Having Our Say* by Delany, Sarah & Elizabeth.

### **Reading Level 11th**

*Red Badge of Courage.* By Crane, Stephen.

*Blink : the power of thinking without thinking.* By Gladwell, Malcolm.

### **Reading Level 12th**

*Things Fall Apart.* By Achebe, Chinua.

*Steppenwolf.* By Hesse, Herman.

### **SPECIAL READING FOR CHILDREN**

The resource mentioned below was found at:

<http://www.easyreadingbooks.com/homepage/easyreaders.html>

*Easy Reading* By Donald J. Dickinson, Ed.D. And Charles H. Hargis, Ed.D.

*Easy Reading* is available to improve your child's literacy through exercises that focuses on mastering the words they are most likely to encounter. Short stories are accompanied by worksheets and comprehension questions, which provide sufficient material to practice and learn new words.