



Family Support Network of North Carolina  
**Outreach Library**  
1-800-852-0042 (TDD/Voice)

## **FSN OUTREACH LIBRARY**

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### **1-2-3 MAGIA: DISCIPLINA EFECTIVA PARA NINOS DE 2 A 12**

Book: 104 pages. In Spanish. Gives strategies for dealing with typical childhood behaviors. Topics include tantrums and pouting, lying, getting up and out in the morning, bedtime issues, eating/mealtime issues, homework, etc. English version ('1-2-3 Magic') also available in FSN Outreach Library. Description in Spanish: Este libro describe algunos metodos muy efectivos para mantener el comportamiento de ninos de 2-12 anos. Presente informacion sobre rivalidad entre hermanos, berrinches y pucheros, pruebas y manipulaciones, y aplicaciones en algunos situaciones comunes. Edicion en Ingles disponible en FSN Outreach Library ('1-2-3 Magic')

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### **1-2-3 MAGIC: EFFECTIVE DISCIPLINE FOR CHILDREN 2-12**

Book: 175 pages. Gives strategies for dealing with typical childhood behaviors. Topics include tantrums and pouting, lying, getting up and out in the morning, bedtime issues, eating/mealtime issues, homework, etc. Also includes a section about school issues and a section on self-esteem. Spanish version ('1-2-3 Magia: Disciplina Efectiva para Ninos de 2 a 12') is also available in FSN Outreach Library.

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### **7 KINDS OF SMART: IDENTIFYING AND DEVELOPING YOUR MANY INTELLIGENCES**

Book: 261 pages. Basic guide to examining intelligence in new ways. Includes check lists, and helpful strategies. Clear, concise, easy to read and understand. Resources are included.

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### **A BETTER SAFE THAN SORRY BOOK: A FAMILY GUIDE FOR SEXUAL ASSAULT PREVENTION**

Book: 40 pages. May serve as a useful resource for parents trying to explain sexual abuse to young children or trying to initiate the traditionally uncomfortable topic of sexuality for discussion between parent and child (ages 3-9). Encourages parents to respond to questions young children have about sexuality. Designed to help children feel better about themselves. Somewhat graphic and should be used with careful intent and sensitivity.

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### **A CHILD CALLED "IT": ONE CHILD'S COURAGE TO SURVIVE**

Book: 182 pages. Unforgettable account of one of the most severe child abuse cases in California history. Story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother. Relates the life-threatening abuse he endured, as well as his determination to survive.

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## A CHILD'S JOURNEY THROUGH PLACEMENT

Book: 430 pages. Explores placement issues for children in many out-of-home placement options. Issues of grief, separation, attachment, and case planning are detailed in the book. Fairly technical, but helpful resource.

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## A DIFFERENT KIND OF BEGINNING

Video: With Spanish subtitles. Provides an overview of people with Down syndrome. Explains what Down syndrome is and shows children and adults with Down syndrome playing, working at their jobs, and enjoying life. Highlights the preschool program run by the Association of Children with Down Syndrome, showing the developmental therapies and parent education that are a regular part of their program. Reveals the fun and life-enriching experience of knowing a person with Down syndrome. Description in Spanish: Video en Ingles, subtitulado en espanol. Un resumen del Sindrome de Down, mostrando los ninos y adultos con este sindrome jugando, trabajando y disfrutando de la vida. Notan el programa prescolar de La Asociacion de Los Ninos con el Sindrome de Down para presentar las terapias de desarrollo y educacion de los padres como partes normales de su programa. Fomentan que su audiencia toma el oportunidad de conocer la gente con el Sindrome de Down, explicando que este puede ser muy divertido y puede enriquecer su vida.

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## A FAMILY HANDBOOK ON FUTURE PLANNING

Book: 133 pages. Provides information to help families make important financial, legal, and service plans for their child with mental retardation or other developmental disabilities. Includes sections on education and employment options, resolving legal issues, making financial arrangements, securing services, and forming community supports. Also includes an insert that gives updated information as of January 1998.

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## A FUTURE NEAR ME

Book: 100 pages. Nice pocket booklet designed to help a dependent adolescent move towards being a self-sufficient adult. Poses user-friendly questions accompanied by action steps. Addresses issues of goals, living arrangements, roommates, housekeeping, bills, work, health, community. Can also be ordered from following internet address: [www.youthlifefskills.com](http://www.youthlifefskills.com).

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## A GIFT FOR MY CHILDREN: FAMILIES TALK ABOUT CUSTODY PLANNING

Video: 20 minutes. This video is targeted to parents with a terminal illness and emphasizes the importance of custody planning. Discusses options such as wills, guardianship, adoption and foster care placement.

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## A GUIDE TO LEGAL RIGHTS FOR PEOPLE WITH DISABILITIES

Book: 140 pages. Discusses in simple, concise language the rights that people with disabilities have under the law. Provides practical advice on a wide range of topics from job discrimination to government benefits. Gives individuals the information necessary to empower themselves.

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## A GUIDEBOOK FOR PARENTS OF CHILDREN WITH EMOTIONAL OR BEHAVIORAL DISORDERS

Book: 133 pages. Addresses basic information about emotional/behavioral disorders, the types of professionals who provide mental health services, how to select a mental health provider, different philosophies & therapies, school-based services, what families can do to help, insurance and funding sources, and recommended readings.

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#### A HOME OF MY OWN

Video: 25 minutes. Highlights project in New Hampshire that works with people with disabilities to help them purchase homes. Discusses the collaborative process developed among the housing finance authority, social services, real estate developers, banks, attorneys and others, making homeownership a reality for numerous people with disabilities throughout New Hampshire.

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#### A PLACE TO CALL HOME

Book: 17 pages. Written specifically for young people with developmental disabilities. Offers information, advice, and contacts for finding and managing one's own home.

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#### A SECRET CALLED HIV

Video: 12 minutes. Introduces the school-age child to the experiences of other children with HIV. Designed to replace myths with understanding and to build healthy attitudes and relationships as the viewer learns about and becomes acquainted with four children who are HIV positive. Includes a video guide with suggestions for use and discussion questions.

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#### A STORY OF TEAMWORK: A PROVACATIVE LOOK AT RELATIONSHIPS

Video: 30 minutes. Examines difficulties and rewards of working as a team. Shares strategies for effective teamwork through the experience of one family. Lynne Frigaard, mother of a son with a disability who died at age 17, shares strategies for relationship-building and teamwork that are applicable to parent-professional relationships as well as working collaboratively within the community.

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#### A STUDENT'S GUIDE TO THE IEP

Book: 11 pages. With audio cassette. Information for students on how they can be involved with their own IEPs and get their own goals written into the plan. Also accompanied by copy of article 'Helping Students Develop Their IEP's'.

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#### ACT-1; CHILD WELFARE AND CHEMICAL DEPENDENCY: A CORE CURRICULUM (TRAINER'S GUIDE)

Book (training manual): 204 pages. With 198 pages of handouts. Outlines 8-session training course for professionals who serve children and families affected by drug and alcohol problems. Sessions based on Act-1 videos: 'Understanding Alcohol and Drug Use', 'Drug-Exposed Infants', 'Substance Abuse and Sexual Assault', and 'The Multicultural Family', available through FSN Outreach Library. Part 2 of video series ('Children of Substance Abusers') not available.

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## ACT-2; TRAINING FOR CAREGIVERS OF AOD-EXPOSED INFANTS

Book (training manual): 72 pages. With 73 pages of handouts. Outlines 4-session training course for caregivers of infants and children who have been prenatally exposed to alcohol and/or drugs. Provides information on attitudes that support the child, typical developmental stages and risk factors that affect these children's development, strategies for improving developmental outcomes, dynamics of attachment and bonding, how to build on strengths and address needs, and stress management. Sessions are based on Act-2 videos: 'HIV Positive Babies and AIDS Prevention', 'Prenatal Effects of Alcohol' and 'The Challenge of Parenting', available through FSN Outreach Library.

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## ADD FROM A TO Z: A COMPREHENSIVE GUIDE TO ATTENTION DEFICIT DISORDER

Videos: set of 4. Addresses some the main topics relating to ADD. Set includes 'Characteristics of ADD', 'Instructional Strategies for ADD', 'Medical Interventions', and 'Parenting Strategies'. Also includes a guide with reproducible handouts for parents.

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## ADHD IN THE YOUNG CHILD: DRIVEN TO REDIRECTION

Book: 202 pages. Provides practical suggestions for helping a child with ADHD. Includes chapters on building self-esteem, improving social skills, behavior management techniques, solutions for typical problems at home and at school, and treatments for ADHD. Also provides resources for parents and activity worksheets for kids.

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## ADHD: WHAT CAN WE DO?

Video: 36 minutes. Examines proven and disproven treatments for ADHD and provides understanding of the range of challenging behaviors involved. Stresses importance of family counseling and parent education about ADHD and examines case studies as well as strategies. Also available through NC Early Intervention Library.

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## ADOLESCENTS WITH DOWN SYNDROME: TOWARD A MORE FULFILLING LIFE

Book: 396 pages. Written for parents and professionals, covering a wide range of issues that adolescents with Down syndrome face. These include health, education, employment, community life, self-determination and independent living options. List of resources included.

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## ADOPTING THE HURT CHILD: HOPE FOR FAMILIES WITH SPECIAL-NEEDS KIDS

Book: 248 pages. Explains how trauma, abuse and loss can affect a child's normal development and often severely undermine his/her capacity to function in a loving family and in society. Brings to light grim truths, but also offers hope that children who have been hurt (and often hurt others) can be healed by the adoptive and foster parents, therapists, teachers, social workers, and others whose lives intersect with theirs.

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## AFTER THE TEARS: PARENTS TALK ABOUT RAISING A CHILD WITH A DISABILITY

Book: 89 pages. First-hand accounts from parents coming to terms with their children's special needs. Recommended for parents and professionals. Also available through the NC Early Intervention Library.

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## ALTERNATIVES TO PUNISHMENT

Video: 30 minutes. Discusses the effects of disciplining with punishment and explores ways to discipline without hurting or alienating the child. Teaches viewer-specific skills that allow for the expression of disapproval while encouraging responsible behavior. Program three of six-part "How to Talk So Kids Will Listen" series. Leader's guide available upon request.

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## AMERICA'S FORSAKEN CHILDREN: THE FOSTER CARE DILEMMA

Book: 115 pages. One woman's personal account of being a foster parent. Easy to read and challenges many misconceptions about foster care. Discusses foster care of children with disabilities with insight and sensitivity.

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## AN EDUCATOR'S MANUAL: WHAT EDUCATORS NEEDS TO KNOW ABOUT STUDENTS WITH BRAIN INJURY

Book: 186 pages. An essential tool and practical resource for educators, classroom teachers and parents working with students with brain injuries. Experts in special education lend insight and information useful in meeting the needs of students with brain injuries. Offers an overview of the effects of brain injury from an educator's perspective with guidelines and standards for students.

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## AN INTRODUCTION TO SENSORY INTEGRATION

Book: 30 pages. Provides an overview of the different sensing components involved in Sensory Integration Dysfunction (the vestibular system, the tactile system, visual perception disorder, etc) and an explanation of how each of these systems works. Also discusses symptoms of the disorder and therapy/treatment options. Includes illustrations and references.

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## AND THEN CAME JOHN: THE STORY OF JOHN MCGOUGH

Video: 36 minutes. Life story of John McGough, from his birth with Down syndrome through societal rejection and prejudice, to his rebirth as an artist, musician and much-loved personality in a small community in California.

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## ANGRY KIDS, FRUSTRATED PARENTS: PRACTICAL WAYS TO PREVENT AND REDUCE AGRESSION IN YOUR CHILDREN

Book: 164 pages. Examines aggression in children and the problems that can occur at home, in school, and in the community. Provides useful information on preventing aggressive behaviors, as well as improving existing difficult behaviors.

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## ARE THOSE KIDS YOURS? AMERICAN FAMILIES WITH CHILDREN ADOPTED FROM OTHER COUNTRIES

Book: 240 pages. Addresses many central questions about international adoptions, including how parents and children of different origins become "real families", how parents can explain the cultural circumstances of their

child's birth, and how living as a multicultural family impacts their world views. The author shares rich personal stories from her own experience as well.

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#### AROUND THE CLOCK PARENTING THE DELAYED ADHD CHILD

Video: 46 minutes. Shares the intimate experiences of two families with children diagnosed with ADHD and developmental delays. Explores how these families cope effectively while achieving close and meaningful relationships with their children. Covers sensory motor delay, coping in public places, monitoring play activities and managing daily routines. Useful for professional and student training programs, as well as for parent support groups.

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#### ASPERGER'S SYNDROME: A GUIDE FOR PARENTS AND PROFESSIONALS

Book: 223 pages. Describes the characteristics of children with Asperger's syndrome and gives diagnostic criteria (DSM-IV and ICD-10). Provides suggestions about activities and exercises that can help children with Asperger's Syndrome learn appropriate social interaction. Includes resource list of publications and websites.

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#### ASSESS FOR SUCCESS: HANDBOOK ON TRANSITION ASSESSMENT

Book: 130 pages. Written for educators. Helps the IEP/ITP team decide what skills to assess and how assessment data should be collected and used within the context of career development. Case studies illustrate how this concept applies to students with different levels of ability and different career visions. Also provides strategies for assessing self-determination skills.

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#### ASSESSING ATTACHMENT, SEPARATION AND LOSS

Book: 32 pages. Provides an overview of, and helpful insight into, the issues defining attachment, separation and loss. Easy to read and understand.

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#### ASSISTIVE TECHNOLOGY: A RESOURCE FOR SCHOOL, WORK, AND COMMUNITY

Book: 320 pages. Comprehensive resource guide explores the advances made in assistive technology and related legislation and how these have benefitted persons who use assistive technology. Addresses fundamental questions concerning equipment accessibility, training, funding and much more.

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#### ATTENTION DEFICIT DISORDER

Video: approximately 30 minutes. Helps parents identify ADHD tendencies in their children and describes intervention options (special diets, behavior modification, counseling, medical assessment, medication, etc.).

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#### AUTISM: A LOOK INSIDE THE LIVES OF PEOPLE WITH AUTISM

Video: 28 minutes. Portrays the lives of people with autism and their families to promote better understanding of this disability. Profiles of children, teens, and adults provide an accurate glimpse into an unfamiliar world. Excellent for school staff, nurses, medical schools, and therapists.

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## BACK TO SLEEP SUDDEN INFANT DEATH SYNDROME: A VIDEO ON HELPING TO REDUCE THE RISK

Video: brief (repeats 8 times in less than 4 minutes). Discusses useful precautions and safety measures that can minimize the risk of Sudden Infant Death Syndrome (SIDS).

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## BACKYARDS AND BUTTERFLIES: WAYS TO INCLUDE CHILDREN WITH DISABILITIES IN OUTDOOR ACTIVITIES

Book: 72 pages. Provides fun, practical ways to include children with disabilities in outdoor activities (gardening, yard work, caring for animals, using toys with wheels, etc). Very practical resource for teachers, parents, and families.

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## BEBES CON SINDROME DE DOWN: GUIA PARA PADRES

Book: 337 pages. In Spanish. English version ('Babies with Down Syndrome: A Guide for Parents') available through the NC Early Intervention Library. Excellent source of information on Down syndrome for parents and professionals. Provides compassionate and comprehensive discussion of the varied issues parents and families face. Covers daily care, family life, early intervention, special education, legal and medical issues. Description in Spanish: Miles de padres de recién nacidos y profesionales han recurrido a este libro como fuente primaria de información sobre el Síndrome de Down. Aclamado por su tono compasivo y enfoque amplio de las diversas situaciones que los padres y familias deben enfrentar. Esta guía abarca el cuidado diario, la vida en familia, la intervención temprana, la educación especial, así como asuntos médicos y legales. Edición en Inglés disponible en La Biblioteca de La Intervención Temprana en Carolina del Norte ('Babies with Down Syndrome: A Guide for Parents').

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## BECAUSE YOU LOVE THEM: A PARENT'S PLANNING GUIDE

Book: 74 pages. Contains information, planning exercises, worksheets, etc. to help parents with terminal illness plan for the future of their children.

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## BECOMING THE ME I WANT TO BE: A GUIDE FOR YOUTH WITH SPINA BIFIDA AND THEIR PARENTS

Book: 55 pages. Contains numerous worksheets, activity plans, games, and other ideas for youth. Topics include goal setting, communication, making friends, managing money, positive thinking, etc. Relevant for any young person, with or without Spina Bifida.

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## BEDWETTING

Video: 15 minutes. Addresses possible causes of enuresis (bed-wetting). Also outlines techniques parents and therapists can use to deal with this problem, including behavioral interventions, psychological considerations and medication.

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## BEGIN THE BETWEEN: PLANNING FOR THE TRANSITION FROM HIGH SCHOOL TO ADULT LIFE

Book: 42 pages. Workbook format. Reviews basic issues related to a successful transition from high school into adult and community living for students with developmental disabilities. Discusses planning strategies and adult services. Guides students with disabilities and their families in developing a comprehensive transition plan based on their exploration of the student's skills, interests and future goals.

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## BEHAVIOR MANAGEMENT USING SUPPORTIVE CONTROL

Video: 95 minutes. Illustrates a style of discipline known as "supportive control". Methods are designed to promote attachment, associate discipline with nurturing, maintain behavior, etc.

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## BEREAVED PARENTS

Video: 28 minutes. Adapted Phil Donahue program addressing the loss and guilt experienced with the death of a child. Provides first-hand accounts of this experience and suggests that by sharing grief with others, parents can survive their bereavement. Sibling issues and Sudden Infant Death Syndrome (SIDS) are also discussed.

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## BETTIE BRAME: INTERVIEW WITH A FOSTER PARENT

Video: 10 minutes. Bettie Brame is a Durham County foster parent who has been involved with the Foster Family Project since its beginnings in late 1992. She discusses her need for fellowship and education as a foster parent and how this project met her needs. Recommended for Parent to Parent coordinators, Department of Social Services workers and any other professionals involved or interested in foster care issues.

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## BEYOND MEET AND GREET: A HANDBOOK FOR BUILDING FAMILY-TO-FAMILY

Book: 34 pages. Training session curriculum for professionals or family members interested in learning how to develop family-to-family support networks. Exercises designed to 'break the ice', build confidence/trust and foster group participation, etc, are included. Written for families of HIV/AIDS patients, but information is generic enough to be useful for any type of family/parent support group development.

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## BOUNDARIES: MAINTAINING HEALTHY RELATIONSHIPS IN FOSTER CARE

Book: 31 pages. Examines boundary issues in foster care relationships. Examples and anecdotes of positive communication skills provide a better understanding of how to promote healthy boundaries and relationships.

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## BRAIN INJURY: A GUIDE FOR FAMILIES

Book: 59 pages (HDI Coping Series, Volume 1). Addresses the emotional and behavioral problems often associated with brain injury and how these affect the patient's family. Provides resolution techniques for problem areas as well as real-life examples of management situations.

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## BRAIN INJURY: A HOME BASED COGNITIVE REHABILITATION PROGRAM

Book: 59 pages (HDI Coping Series, Volume 2). Written to assist the families of persons with a brain injury in continuing the rehabilitation process at home. Includes instructions on how to set educational objectives and structure retraining activities, cognitive tasks, etc.

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#### BREAKTHROUGHS: HOW TO REACH STUDENTS WITH AUTISM

Video: 25 minutes. Based on Karen Sewell's teacher's manual. Sewell demonstrates techniques to successfully reach and teach young students with autism. Provides realistic look at teaching the preschool child with severe communication and behavioral issues associated with autism. Demonstrates use of high expectations, tough love, physical prompting and attending to task, some of which would be appropriate for any age child/adolescent.

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#### BREASTFEEDING-A MOTHER'S SPECIAL GIFT

Video: 20 minutes. The purpose of this video is to show new mothers how to establish this special relationship with their baby. It includes instructions on positioning, how to tell if it is going well, and breast feeding resources. ALS, Closed Captioned, and Voiced. From DHHS Women's and Children's Health Section.

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#### BREATHE EASY: YOUNG PEOPLE'S GUIDE TO ASTHMA

Book: 64 pages. Written for children with asthma. Short and easy to read, with illustrations. Talks about ways asthma is triggered, early warning signs and methods to relax breathing and prevent an attack. Also has a section about medication, talking to your doctor, and myths about asthma.

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#### BREATHING SPACE: LIVING AND WORKING AT A COMFORTABLE PACE IN A SPED-UP SOCIETY

Book: 209 pages. Offers practical suggestions for leading a less stressful and over-extended lifestyle. Easy to read. Covers issues such as conquering paper work, eliminating clutter and procrastination, and prioritizing daily events.

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#### BRINGING OUT THE BEST IN YOUR CHILD

Book: 258 pages. Asserts that the traits and behaviors that seem the most frustrating and annoying in our children are often indicators of positive strengths and future success. Includes 80 examples of problem behaviors and uncovers the positive strength each contains so parents can work with their children's learning style.

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#### BUILDING ASSETS TOGETHER: 135 GROUP ACTIVITIES FOR HELPING YOUTH SUCCEED

Book: 127 pages. Written for those working with young people on building their 'developmental assets' - factors that can impact success in life. Provides hands-on, experiential activities and worksheets aimed at helping young people discover their abilities and understand their responsibility in nurturing their own assets.

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#### BUILDING BRIDGES: SUPPORTING FAMILIES ACROSS SERVICE SYSTEMS

Journal issue: 51 pages. Examines six issues related to family support: education, child welfare, health care, youth development, supporting people with disabilities, the welfare system, and child mental health.

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### CAREER DISCOVERY

Video: 44 minutes. Teenagers explore the job market by interviewing people who enjoy their jobs. Teens visit professionals on the job site and ask questions about work, education, experience, skills, money, and success. Several of the teens and professionals interviewed have a disability. Various disability and minority issues are addressed.

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### CARING FOR CHILDREN WITH HIV INFECTION: A HANDBOOK FOR CAREGIVERS

Book: 69 pages. Chapters include basic information on AIDS, daily living tips, adolescent issues, family issues, living with loss, rights, and resources. Also includes copies of forms that can be useful (daily med record, medical treatment record, etc.).

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### CAUTION: ADOLESCENTS AT RISK

Video: 20 minutes. Contains interviews with teens from all ethnic and economic backgrounds regarding substance abuse, homicide, teen pregnancy, drunken driving and homelessness. Teens who have experienced these problems talk about coping skills and the role of youth centers.

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### CAUTION: DO NOT OPEN UNTIL PUBERTY--AN INTRODUCTION TO SEXUALITY FOR YOUNG ADULTS WITH DISABILITIES

Book: 37 pages. Questions and answers, posed in a non-threatening manner, regarding anatomy, male and female sexual response, physical disabilities and sexual functioning. Also includes suggested readings and resources.

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### CHANGES IN YOU (FOR BOYS)

Book: 47 pages. Clearly illustrated, simply worded explanation of the changes that take place during puberty. Uses a sensitive approach to help boys feel confident and comfortable with the physical and emotional changes that occur in the teen years. Includes a Parents Guide for parents of children with special needs.

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### CHANGES IN YOU (FOR GIRLS)

Book: 47 pages. Clearly illustrated, simply worded explanation of the changes that take place during puberty. Uses a sensitive approach to help girls feel confident and comfortable with the physical and emotional changes that occur in the teen years. Includes a Parents' Guide for parents of children with special needs.

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### CHILD OF RAGE

Book: 191 pages. One man's account of his experiences of abuse while in foster care and the event that served as a turning point in helping him change his life.

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## CHILD SEXUAL ABUSE

Book: 104 pages. Series of reports on various child sexual abuse issues: physical findings in sexually abused children, transmission of adult sexually transmitted diseases to children, interviewing the child, custody disputes, the role of the pediatrician, child sexual abuse and the courts, adolescents who abuse, and forensic and mental health issues.

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## CHILDHOOD SPEECH, LANGUAGE AND LISTENING PROBLEMS: WHAT EVERY PARENT SHOULD KNOW

Book: 213 pages. Comprehensive guide to speech and language disorders. Includes information for parents about warning signs, having the child evaluated (and how to understand the evaluation) and the IEP process. Describes specific types of speech disorders and their causes. One chapter devoted to listening problems, including Central Auditory Processing Disorder (CAPD), auditory memory problems and language processing problems.

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## CHILDREN AND TRAUMA: THE SCHOOLS' RESPONSE

Video: 21 minutes. Presents an overview of how educators and mental health professionals can help children heal from traumatic events, including violence and natural disasters.

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## CHILDREN AND VIOLENCE

Book: 130 pages. Reports from pediatric seminars on children as victims of violence and as witnesses to violence. Topics include epidemiologic overview of violence, children and firearms, violence in urban and rural communities, children and war, prevention of youth gang violence, the pediatrician's role in working with victims, children and television, marital violence, etc.

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## CHILDREN ON CONSIGNMENT: A HANDBOOK FOR PARENTING FOSTER CHILDREN AND THEIR SPECIAL NEEDS

Book: 106 pages. Written for foster parents and/or those considering foster parenting. Explores the emotional impact foster placement has on children and the problems and special needs of foster children from infancy to adolescence. Provides tips on preparing for the arrival of the foster child and creating a healthy relationship with the child, as well as establishing and enforcing ground rules. Also includes advice on addressing specific problems (lying, stealing, truancy, sexual abuse, substance abuse).

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## CHILDREN WHO SHOCK AND SURPRISE: A GUIDE TO ATTACHMENT DISORDERS (3RD EDITION)

Book: 45 pages. Describes the symptoms of attachment disorder, including the four sub-types of this disorder (avoidant, anxious, ambivalent and disorganized attachment disorder). Also presents practical strategies to help parents cope.

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## CHILDREN WITH CEREBRAL PALSY: A PARENTS GUIDE

Book: 434 pages. Provides in clear and concise language an understanding of Cerebral Palsy, its treatments and special education aspects involved. Addresses impact on child's development and family life, as well as advocacy issues and legal questions. Also available through NC Early Intervention Library

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#### CHILDREN WITH FETAL ALCOHOL SYNDROME

Book: 29 pages. Provides information on Fetal Alcohol Syndrome, its symptoms and causes. Also includes tips on teaching and communicating with the child, as well as building the child's self-esteem and lessening the frustrations of the parent. List of resources included.

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#### CHILDREN WITH MENTAL RETARDATION: A PARENT'S GUIDE

Book: 437 pages. For parents of children with mild to moderate mental retardation. Provides a complete and compassionate introduction to the child's medical, therapeutic, and educational needs and discusses the emotional impact this experience has on the family. Also available through the NC Early Intervention Library.

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#### CHILDREN WITH SPINA BIFIDA: A PARENTS' GUIDE

Book: 470 pages. From 'The Special Needs Collection' series. Designed to address common questions and concerns parents have about their child's condition and development. Covers prenatal diagnosis through adulthood, including education and legal issues, physical therapy, bowel and urologic concerns, etc. Comprehensive resource list provided.

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#### CHILDREN'S SERIES: 'A SAFE PLACE FOR MICHAEL AND SARA', 'TWO PLACES CALLED HOME', 'TOGETHER AGAIN'

Book series (3 paperbacks): 30 pages each. Written on child's level of understanding (ages 5-9) detailing Michael and Sarah's entry into foster care and the various transitions they must go through, including their return home. Questions to help further explore feelings that foster children experience during these transitions are provided.

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#### CHOICES: OPPORTUNITIES FOR LIFE

Book: 32 pages. Advises parents about strategies for working with their young children with disabilities in order to increase independence. Offers concrete methods that parents can use to help their children make choices and learn good decision-making skills. Also available in Spanish ('Opciones: Oportunidades para la Vida') through FSN Outreach Library.

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#### CHOICES: TRANSITION RESOURCES (GUIDELINES, LIFE MAPS, TEACHING SHEETS)

Book: 150 pages. Guidelines, life maps and teaching sheets divided according to age groups (from 0-21). Topics addressed include developmental stages, health promotion, coping with stress, family support, staying healthy, well-child issues, managing health care, becoming independent, interacting with others, etc.

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## COCAINE BABIES: THE RESEARCH IS IN

Video: 15 minutes. Examines the effects cocaine has on the unborn fetus. Also instructs caretakers in various methods used to soothe, comfort and bond with the newborn baby. Caretaking professionals discuss the difficulties these children face and how to help them lead happier, healthier lives.

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## COLLEGE STUDENTS WITH DISABILITIES AND ASSISTIVE TECHNOLOGY

Book: 44 pages. Targeted towards vocational rehab counselors, disability services counselors, career service counselors and employment recruiters. Serves as a quick reference for those working with college students with disabilities in post-secondary education and employment. Suggests ways that assistive technology can improve students' career opportunities.

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## COMFORTING YOUR SERIOUSLY OR CHRONICALLY ILL CHILD

Video: 30 minutes. Soothing and calming scenes of nature are combined with demonstrations of relaxation techniques (comforting touch, breathing and muscle exercises). Focuses on finding what feels good, strengthening the parent-child connection, and reminding parents to care for themselves as well.

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## COMING HOME: A DISCHARGE MANUAL FOR FAMILIES OF PERSONS WITH A BRAIN INJURY

Book: 63 pages. Compassionate yet frank discussion regarding adjustment issues for families when patient leaves rehab and returns home after brain injury. Identifies and provides examples of common behavioral changes in the patient and offers practical strategies for dealing with problem areas. Also addresses emotional issues of other family members on patient's return home.

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## COMMON SENSE PARENTING

Video: 3 hours. Workbook: 167 pages. Teaches effective parenting skills. Kit includes three hours of instructional video and a companion workbook. Six class sessions cover parents as teachers, encouraging positive behavior, preventing misbehavior, correcting problem behavior, handling emotionally intense situations and helping children succeed in school. Each lesson is about one-half hour long.

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## COMMUNITY-BASED CURRICULUM: INSTRUCTIONAL STRATEGIES FOR STUDENTS WITH SEVERE HANDICAPS

Book: 372 pages. Written for parents, educators, therapists, counselors and other service providers. Offers strategies for developing and implementing educational, recreational/leisure and work training programs for individuals with severe handicaps. Strategies suggested have been used effectively to help students acquire and perform chronological age-appropriate and functional skills within a variety of integrated community settings.

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## COMO PONERTE LOS FRENOS: GUIA PARA COMPRENDER EL TRASTORNO DE HIPERACTIVIDAD POR DEFICIENCIA DE ATENCION

Book: 64 pages. In Spanish. Title translation: 'How to Put on the Brakes: A Guide for Understanding ADHD'. Written in an optimistic tone, for students (ages 8-13), as well as parents and professionals. Provides better

understanding of ADHD and includes practical exercises and strategies to help students develop organizational skills, make friends, understand their medications, etc. Description in Spanish: Escrito en un tono del optimismo, este libro es para los estudiantes, sus padres y los profesionales para entender y controlar el trastorno de deficiencia de atencion. Contiene informacion para entender mejor este trastorno, incluyendo algunos ejercicios practicos y estrategias para ayudar los estudiantes con organizacion, cosas sociales, como controlar sus medicamentos, etc.

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## COMPLETE GUIDE TO SPECIAL EDUCATION TRANSITION SERVICES

Book: 249 pages. Comprehensive resource guide for teachers, counselors, and parents. Provides practical information and suggestions for helping students with special needs make a successful transition from high school to post-secondary education or work. Covers transition services, IEPs/ITPs, vocational education, living arrangement planning, transportation concerns, recreational and leisure options, social skills, sexual issues, communication and assistive technology, postsecondary education options, estate planning, insurance issues and financial concerns.

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## COREY'S PLAN: A TRANSITION-FOCUSED IEP

Video: 27 minutes. Portrays teamwork approach to developing a transition-focused IEP for Corey Jackson, a student in high school. His parents, transition instructor, rehab counselor, work supervisor, and others work with Corey in mapping his future by identifying future outcomes, present levels of performance, needs, activities, and annual goals and objectives. Rather than focusing on what he can't do, Corey's IEP emphasizes his successes, what he wants and what he needs to succeed in the future.

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## CREATIVE APPROACHES TO ADHD: ACTIVE PARTNERSHIPS

Video: 16 minutes. Attention Deficit Hyperactivity Disorder (ADHD) is one of the most prevalent childhood and adolescent disorders. It is estimated that 3 to 5% of school-age children are affected by ADHD. The consequences of ADHD are far reaching. These effects include disruptions with family members and friends, academic underachievement, low self-esteem and mood disorders, and a greater risk of conduct disorders in adolescent.

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## CREATIVE APPROACHES TO ADHD: MYTHS AND REALITY

Book: 19 pages. Confronts many of the myths surrounding diagnosis of ADHD and addresses certain realities behind these myths. Includes list of resources. Clear and concise.

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## CREATIVE LIFE SKILL ACTIVITIES

Book: 143 pages. One hundred "tried and true" activities developed by teachers and counselors which can be used for life skills training. Each activity identifies a target skill and provides clear, concise instructions. Life skill areas covered include career, consumer awareness, health, housing, jobs, money management, nutrition, transportation, decision making, goal planning, interpersonal relationships, problem solving, self-awareness, teamwork, stress management and values.

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## CRIANDO A NUESTROS NINOS

Book: 390 pages. In Spanish. English version also available through FSN Outreach Library ('Raising Nuestros Ninos: Bringing Up Latino Children In A Bicultural World'). Guide for Latino parents to assist them in passing along their cultural traditions and values to their children in an increasingly fast-paced and homogeneous world. Provides activities that incorporate aspects of Hispanic history and culture in developing basic intellectual, social and emotional needs of children. Education, health and social service professionals who work with Latino children might also find book useful in understanding the interaction of culture, mind, and spirit in the Latino community. Description in Spanish: Ahora, una latina, ganadora de premios en el campo de educacion infantil (y quien ademas es madre) ha escrito una obra de consulta indispensable para hispanos, ya sean padres o que se dediquen al cuidado de ninos entre el nacimiento y los doce anos de edad. Practico, ademas de ser un valioso tesoro de informacion sobre la cultura. Edicion en Ingles disponible en FSN Outreach Library ('Raising Nuestros Ninos').

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## DANCELAND

Audio cassette: 50 minutes. Multicultural songs designed to help people with developmental delays enjoy movement. Acompañing "Travel Guide" was written by developmental dance specialists and contains safe activities for people of all ages and abilities. Provides lots of good ideas for ways to make the dances into games, choreographed stories or dramatic activities.

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## DELIVERING FAMILY-CENTERED, HOME-BASED SERVICES

## DEVELOPING PERSONAL SAFETY SKILLS IN CHILDREN WITH DISABILITIES

Book: 214 pages. Addresses the increased risks of sexual abuse or danger that children with disabilities face and provides useful techniques designed to help parents, educators and service providers teach these children how to protect themselves. Focuses on developing self-esteem, assertiveness and independence skills in children with disabilities and teaching them how to identify hazardous areas and objects, take proper action when lost in public, handle approaches by strangers, communicate their feelings and recognize appropriate and inappropriate touching.

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## DISABILITY HANDBOOK FOR SOCIAL SECURITY APPLICANTS

Book: 151 pages. Workbook offering detailed, step-by-step instructions for applying for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). Includes copy of 'Proving Disability to the Social Security Administration: Proving Claims and Continuing Disability Reviews'.

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## DISCIPLINING KIDS (WITHOUT SCREAMING AND SCOLDING)

Video: 20 minutes. Emphasizes the importance of rewarding positive behavior. Includes a short booklet of exercises and examples of how effectively to handle a variety of common difficult behaviors. Discusses verbal abuse and Parents Anonymous.

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## DON'T FORGET THE FUN: DEVELOPING INCLUSIVE RECREATION

Book: 164 pages. Provides tips and suggestions on how to adapt leisure and recreational activities so people with disabilities can participate. Addresses the importance of understanding differences and creating local community networks to accomplish this goal. Includes examples of modifications that can be made. Also gives suggestions on how to recruit and train volunteers, as well as recognize their efforts.

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#### DOWN SYNDROME: A PARENT'S PERSPECTIVE

Video: 19 minutes. Parents of children with Down syndrome express the feelings and concerns they had during the early years of their children's lives. Open and honest discussions reveal the many positive aspects of raising a child with Down syndrome.

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#### DREAM CATCHERS

Video: 17 minutes. Portrays lives of three young people with disabilities and how they each pulled together a network of people to form their own circle of support.

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#### DREAMS SPOKEN HERE

Video: 60 minutes. A look at oral deaf education and the extraordinary impact technology (hearing aids, cochlear implants, etc.) has had on the education of deaf children.

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#### DRUG EXPOSED INFANTS (VIDEO)

Video: 17 minute. Provides information about children prenatally exposed to drugs and offers tips for foster parents on how to provide a stable environment for them. Part three of five-part 'Act 1 - Child Welfare and Chemical Dependency: A Core Curriculum' series.

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#### EACH OF US REMEMBERS: PARENTS OF CHILDREN WITH CEREBRAL PALSY ANSWER YOUR QUESTIONS

Book: 32 pages. Parents respond frankly and honestly to commonly asked questions about cerebral palsy. Terminology specific to CP, SSI information, insurance concerns and a range of family topics are covered. An excellent basic resource.

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#### EARLY CHILDHOOD TRANSITIONS IN NORTH CAROLINA: A PARENT'S GUIDE TO THE INFANT-TODDLER AND PRESCHOOL PROGRAMS

Audiotape: unknown length. Provides information on transitioning from the NC Infant/Toddler Program into the Preschool Program. Compares both programs and explains such issues as parent rights, accessing services, IEP's, etc. Also provides hints for a smoother transition. Spanish version ('Transicione de la Edad Temprana en Carolina del Norte') is also available through FSN Outreach Library.

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#### EATING PROBLEMS IN FOSTER CARE CHILDREN

Video: 11 minutes. This video addressed problems a foster child may have associated with eating, including overeating, picky eating, slow eating, PICA (eating non-food substances), and eating disorders. It explains how prior experiences and environments affect children's association with food, and some techniques for dealing with these issues.

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## EFFECTIVE PRAISE AND TEACHING INTERACTION

Video: 7 minutes. Encourages communicating with children using praise and teaching interaction. Problem behavior such as sexual acting out and other inappropriate behaviors are discussed.

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## EL SISTEMA JUDICIAL EN CAROLINA DEL NORTE

Book: 43 pages. In Spanish. Explains the North Carolina court system. Provides information on wide range of topics which fall under the umbrella of the NC judicial system. Explains the formal structure of the court and identifies the various groups and processes that influence that structure. English version ('The Judicial System in North Carolina') also available through FSN Outreach Library. Description in Spanish: Cuando se habla del sistema de los tribunales de Carolina del Norte, muchas personas piensan solo en los jueces y los abogados. Estos funcionarios están directamente involucrados en los juicios, pero hay otros funcionarios y organizaciones que también desempeñan un papel importante en el funcionamiento del sistema de tribunales. Este librito explicará la estructura formal del sistema de los tribunales e identificará los varios grupos y procesos que influyen esa estructura. Edición en Inglés disponible en FSN Outreach Library ('The Judicial System in North Carolina').

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## ENABLING ROMANCE

Book: 209 pages. Written by a married couple, one of whom has a disability. Explores romantic and sexual relationships thoughtfully, honestly and explicitly. Personal stories and illustrated information help explain the challenges faced by people with a wide variety of disabilities and how these challenges can be overcome.

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## ENCOURAGING AUTONOMY

Video: 30 minutes. Addresses the importance of helping children become separate, self-governing people so that they can function independently as they grow older. Viewer learns specific skills that encourage self-reliance. Program four of six-part "How to Talk So Kids Will Listen" series. Leader's guide available upon request.

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## ENGAGING COOPERATION

Video: 30 minutes. Examines methods typically used to encourage children to behave and explains why these methods can be self-defeating as well as destructive to a child's self-esteem. Suggests other, more useful approaches to correcting behavior and increasing cooperation. Program two of six-part "How to Talk So Kids Will Listen" series. Leader's guide available upon request.

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## ESCUCHA, MAMA! COMO CRIAR A UN NIÑO SIN VIOLENCIA: UN MANUAL PARA LOS PADRES ADOLESCENTES

Book: 223 pages. In Spanish. Information for teen parents on how to raise their children without violence. Covers child development, communication, self-esteem, discipline, learning, language, bedtime, toileting, preventing abuse, learning values, and more. Easy reading level with constructive projects. English version (Mama, Listen!) also available through FSN Outreach Library. Description in Spanish: Informacion presentado para los padres adolescentes en como criar sus hijos sin violencia. Presenten sobre desarrollo infantil, comunicacion, autoestima, disciplina, aprendizaje, lenguaje, tiempo para dormir, usar el excusado, la prevencion del abuso, como aprender los valores, y mas. El nivel de lectura es facil, con proyectos constructivos. Edicion en Ingles disponible en FSN Outreach Library ('Mama, Listen!')

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#### ESSENTIAL ALLIES: FAMILIES AS ADVISORS

Book: 76 pages. Written to help foster parent-professional collaboration. Describes benefits and barriers to family participation in advisory activities and presents guidelines for promoting family participation. Offers specific strategies for identifying families to serve in advisory capacities and for involving families who have been under-represented in advisory roles due to socio-economic status, educational background or language/cultural differences. Also available from the NC Early Intervention Library.

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#### ESTABLISHING PARENT INVOLVEMENT IN FOSTER CARE AGENCIES

Book: 247 pages. Addresses the importance of biological parent(s) being involved with their children in foster care. Views this involvement as a critical element in meeting the best interests of foster children, while acknowledging the emotional and logistical difficulties this presents for agencies and foster parents. Encourages efforts of setting appropriate standards for parenting and helping parents learn how to meet those standards.

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#### ESTATE PLANNING FOR FAMILIES OF PERSONS WITH DISABILITIES

Book: 40 pages. Designed to assist families of individuals with disabilities in planning for the future. May also be useful for attorneys, advocates and other interested persons. Handbook describes various ways of providing for persons with disabilities when their families are no longer able to care for them.

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#### EVERYONE CAN WORK: A LOOK AT SUCCESSES IN SUPPORTED EMPLOYMENT

Video: 52 minutes. Provides historical overview of supported employment program and explanation of how it differs from sheltered workshops and activity centers. Features interviews with those involved in the supported employment placement (employees, job coaches, family members and employers). Fast-paced and motivational.

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#### EXEMPLARY PROGRAMS FOR PERSONS WITH DISABILITIES IN TRANSITION, SUPPORTED EMPLOYMENT AND PARENT-PROFESSIONAL COLLABORATION

Book: 70 pages. Profiles 31 exemplary interagency programs serving people with disabilities in the areas of transition, supported employment and parent-professional collaboration. Information about each program's mission, services, target population, larger organization and staff is provided. Key program components that are commendable in nature are highlighted, and stories of how the programs have worked for specific individuals are shared.

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#### EXTRAORDINARY PEOPLE WITH DISABILITIES

Book: 288 pages. Inspiring, easy-to-read essays about famous people with disabilities. Authors' intent is to show that these people are neither helpless nor outstanding -- that, like most people, they fall somewhere between these extremes.

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#### FACING INDEPENDENCE: YOUR GUIDE TO LIVING ON YOUR OWN

Book: 59 pages. Written to help adolescents begin thinking about independent living. Covers topics such as housing, money, jobs, education, health, safety, nutrition, recreation and problem solving.

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#### FAMILY PICTURES

Book: 389 pages. Novel about a large Chicago family and how a child with autism effects the family dynamics, as well as the individual lives of his parents and siblings. Spans 40 years.

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#### FAMILY SUPPORT NETWORK OF NC OUTREACH LIBRARY CATALOGUE/TOPIC SHEET(S)

Resource guide listing all books and videos available to borrow from the FSN Outreach Library or materials available on specific topics. Provides a brief description of each item and guidelines for borrowing.

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#### FANTASTIC ANTONE SUCCEEDS!

Book: 369 pages. Addresses Fetal Alcohol Syndrome, with information for parents, teachers and professionals. Topics include: early intervention, mainstreaming, parental advocacy, stereotypes and how to help families of children who were prenatally exposed to alcohol.

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#### FEEDING INFANTS AND YOUNG CHILDREN WITH SPECIAL NEEDS

Video: 26 minutes. Covers basics of caring for a child with feeding difficulties. Also available through the NC Early Intervention Library. Test item packet available upon request (located in file 783.3). This 1989 version is the most recent available, as of November 2000.

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#### FINDING A WAY: LIVING WITH EXCEPTIONAL BROTHERS AND SISTERS

Book: 48 pages. Stories of three children who have siblings with disabilities (diabetes, asthma and spina bifida), told from the non-disabled siblings' points-of-view. Includes photos. Also available through the NC Early Intervention Library.

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#### FINDING HELP WHEN YOUR CHILD IS STRUGGLING IN SCHOOL: FROM KINDERGARTEN THROUGH JUNIOR HIGH SCHOOL

Book: 289 pages. Written for parents whose children are having difficulty in school. Covers IDEA, IEPs and Section 504, as well as assessment procedures and finding the right professional to evaluate the child. Also provides information on locating tutors, educational therapists and other specialized services.

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## FOR YOU: ADULTS WITH LEARNING DISABILITIES

Book: 82 pages. Written for adults just beginning to suspect or deal with the possibility that they have a learning disability. Discussion of common symptoms and explanation of learning disabilities designed to help reader determine presence and/or level of the learning disability. Also addresses assessment issues and how to talk with others about having a learning disability.

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## FORGOTTEN CHILDREN OF THE AIDS EPIDEMIC

Book: 283 pages. Resource for both parents and professionals. Examines issues facing children who have a parent or sibling dying of AIDS. Includes selections written by these children and the caregivers who work closely with them. Issues for parents to consider, such as planning for the child's future and options of permanency planning, are included.

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## FOSTER AND ADOPTIVE CARE SITUATIONS

Video: 15 minutes. Ten vignettes depicting foster and adoptive parents and children (ages 6-12) dealing with a variety of common problem behaviors (anger, stealing, bad manners, inappropriate sexual behavior). Realistic scenes designed to help parents identify the problem, brainstorm possible solutions and evaluate the solutions. Includes 11-page leader's guide.

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## FOSTER CARE SOLUTIONS: LEARNING TO PROBLEM-SOLVE

Video: 56 minutes. Training video in two parts for foster parents. Part One illustrates a 5-step method for solving problem behavior. Part Two shows foster parents as they practice applying this method to situations that involve stealing, sexual activity, gangs and running away. Useful for professionals and parents/families, as well as for support group viewing. Includes viewer's manual.

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## FOSTER PARENTING SITUATIONS

Video: 24 minutes. Training tool for foster parents. Presents 13 short dramatizations depicting common foster care problems such as stealing, lying, sibling rivalry, sexual offense, etc. Accompanying manual summarizes each and suggests discussion questions.

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## FREEING CHILDREN FROM PLAYING ROLES

Video: 30 minutes. Explores impact of assigning roles to children. Viewer learns skills to help children see themselves in a more positive light. Program 6 of six-part "How to Talk So Kids Will Listen" series. Leader's guide available upon request.

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## FROM BEHIND THE PIANO & WHAT'S REALLY WORTH DOING AND HOW TO DO IT

Books: 222 pages. Two books in one. 'From Behind...' tells the life of Judith Snow, a 44 year-old woman with multiple disabilities. 'What's Really Worth...' tells of Judith's struggles and the building of a circle of friends.

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## FROM THE HEART: ON BEING THE MOTHER OF A CHILD WITH SPECIAL NEEDS

Book: 149 pages. Personal stories of nine parents who have children with special needs (PDD with autistic tendencies, Down syndrome, cancer, etc). Openly and honestly explores parent's feelings and experiences related to their child's disability. Addresses issues of feeling misunderstood, coping and healing, as well as anger and frustration with doctors, school personnel and family members. Also available through the NC Early Intervention Library.

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## FUNDING OF ASSISTIVE TECHNOLOGY

Book: 49 pages. Focuses on IDEA and Section 504 as funding sources or enforcement tools to ensure that children with disabilities get needed assistive technology. Provides an overview of IDEA and covers in detail the assistive technology requirements under IDEA (history, general standards, special issues). Discusses options available when parents disagree with a decision and remedies for attorneys or advocates addressing more systemic problems. Provides examples of court cases to help explain each subject.

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## GOING MOBILE: PORTRAITS OF YOUNG ADULTS WITH DISABILITIES IN TRANSITION

Video: 40 minutes. Portrays the lives of five young adults with disabilities who have made the transition from school to adult life. Focuses on three common elements involved in each of these successes: having a vision for the future, acting with self-determination, and making decisions collaboratively with the transition team.

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## GRANDPARENTS RAISING GRANDCHILDREN: A GUIDE TO FINDING HELP AND HOPE

Book: 74 pages. Explores many of the challenges grandparents face when raising their grandchildren (such as dealing with the child's parents), the need for custody orders to obtain services for the child and the difficulty obtaining these custody orders. Provides ideas and information about services (financial, legal and social) that can help in coping with these and other issues.

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## GUIANDOSE POR LA INTRINCADA SENDA DE LA EDUCACION ESPECIAL

Book: 264 pages. In Spanish. English version also available through FSN Outreach Library ('Negotiating the Special Education Maze'). Useful for parents and educators. Comprehensive resource for developing effective special education programs for child with special needs. Explains each step, from eligibility and evaluation to the IEP and beyond. Discusses changes in disability laws, including the ADA and IDEA. Reviews early intervention services for children birth to 3 and services for young adults with special needs. Also covers transitioning out of high school. Description in Spanish: Este libro sera una gran ayuda para los padres de familia Latinos con hijos que tienen necesidades especiales que estan buscando informacion y orientacion en el sistema de educacion especial. Este libro analiza el Acta de Educacion para Individuos con Impedimentos (IDEA), incluyendo intervencion temprana y educacion especial para ninos, desde el nacimiento hasta la transicion de la etapa escolar al trabajo. Cada etapa del proceso esta explicada, desde la calificacion, evaluacion y pruebas hasta el Programa de Educacion Individualizada (IEP) y mas. Edicion en Ingles disponible en FSN Outreach Library ('Negotiating the Special Education Maze').

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## HEAD INJURY AND THE FAMILY: A LIFE AND LIVING PERSPECTIVE

Book: 246 pages. Explores the impact of a head injury on the survivor as well as the family. Asserts that family involvement in treatment and rehabilitation is essential to a successful adaptation process for both the survivor and the family and suggests ways to involve the family. Includes personal statements written by family members and survivors. Provides hopeful perspective for family members adjusting to trauma related to head injury.

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#### HEALTH CARE FOR STUDENTS WITH DISABILITIES: AN ILLUSTRATED MEDICAL GUIDE FOR THE CLASSROOM

Book: 282 pages. Geared towards the classroom teacher and other school personnel. Provides an overview of some of the procedures required for students who are medically fragile and/or have severe disabilities. Includes chapters on monitoring seizures, shunts, glucose, administering medication, colostomy care, bowel care, tube feeding and catheterization. Aims to increase understanding of these procedures and issues in order to help make integrated education a reality for students with intensive and complex health care needs.

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#### HELPING CHILDREN DEAL WITH THEIR FEELINGS

Video: 30 minutes. Stresses importance of acknowledging children's feelings by exploring how children react when their feelings are denied. Viewer learns specific skills for accepting/acknowledging feelings and responding with empathy. Program 1 of six-part "How to Talk So Kids Will Listen" series. Leader's guide available upon request.

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#### HELPING YOUR ANXIOUS CHILD: A STEP-BY-STEP GUIDE FOR PARENTS

Book: 160 pages. Guide for parents to use in helping their child cope with and overcome an anxiety disorder. Explains helpful techniques such as reality testing, relaxation and learning how to think realistically. Also provides suggestions for helping improve child's social skills. Includes practical exercises, worksheets and case examples.

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#### HIRING THE HEAD INJURED: WHAT TO EXPECT

Book: 59 pages (HDI Coping Series, Volume 3). Serves as a "back to work guide" for employers, vocational counselors, attorneys, families, workers' compensation and rehabilitation case managers. Discusses cognitive deficits and emotional/behavioral issues that may occur with brain injury. Also addresses possible emotional reactions of the employer.

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#### HIV AND AIDS PREVENTION GUIDE FOR PARENTS

Book: 15 pages. Guide for parents on how to talk about AIDS and HIV infection with a son or daughter with mental retardation.

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#### HIV INFECTION AND DEVELOPMENTAL DISABILITIES: A RESOURCE FOR SERVICE PROVIDERS

Book: 292 pages. Written for service providers and educators. Examines crucial medical, social, legal and educational issues involved in providing appropriate services to people with developmental disabilities and HIV infection. Covers issues such as medical research on HIV, model programs that are meeting the needs of people

who have HIV, social and educational needs of people with developmental disabilities and HIV infection, and policy considerations for HIV-related issues.

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#### HIV POSITIVE BABIES AND AIDS PREVENTION

Video: 20 minutes. For parents and caregivers working with children who are HIV positive. Provides information on AIDS and how to care for children who are HIV positive. Also provides information on how to communicate with children and young people about sexuality. Part 1 of 3-part 'Act-2: Training for Caregivers of AOD-Exposed Infants' series.

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#### HOME GASTROSTOMY CARE FOR INFANTS AND YOUNG CHILDREN

Video: 27 minutes. Educational unit designed for health professionals, paraprofessionals, educators and families. Familiarizes the viewer with principles and techniques of caring for infants and young children who have gastrostomies. Two main types of surgical procedures and tubes used in feeding are described. Also available through the NC Early Intervention Library. Copy of test item available on request (located in file LT-830-250).

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#### HOME OXYGEN FOR INFANTS AND YOUNG CHILDREN

Video: 30 minutes. Demonstrates the three most commonly used home oxygen systems and addresses common concerns of care providers of young children using home oxygen. Safety precautions and routine equipment checks are also discussed, including signs of oxygen deficiency and instructions on what to do. Also available through the NC Early Intervention Library. Copy of test item available on request (located in file YF-650.630).

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#### HOME TRACHEOSTOMY CARE FOR INFANTS AND YOUNG CHILDREN

Video: 37 minutes. Covers the home care needs of a child with a tracheostomy, including changing the trach tube, tying techniques, suctioning and accidental decanulation. The physiology of an infant's airways is presented along with a discussion of the equipment and supplies needed. Information on speech and feeding in connection with tracheostomies is provided as well. Also available through the NC Early Intervention Library. Copy of test item available upon request (located in file 519.0).

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#### HOMEPLATE: KID'S KITCHEN KIT

Video: 25 minutes. Geared to children ages 5-8 (and their parents), this video teaches nutrition, emphasizing the food pyramid and the importance of eating a variety of foods. Section topics: 'Battle of the Plates', 'Snacks', 'Food Poisoning and Food Safety' and 'Eating Right'. Includes 8-page 'Kid's Kitchen' activity packet.

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#### HONORABLE INTENTIONS: A PARENT'S GUIDE TO EDUCATIONAL PLANNING FOR CHILDREN WITH EMOTIONAL OR BEHAVIORAL DISORDERS

Book: 157 pages. Simple, well organized presentation of topics related to special education services for children with emotional/behavioral disorders. Covers IDEA and Section 504 eligibility criteria, evaluation procedures and IEP planning. Also addresses issues regarding school policy, educational services in residential

treatment and classroom adaptations/modifications. Includes examples, vignettes, helpful checklists and information on resource organizations and parent training and information centers.

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#### HOPE FOR PARENTS: HELPING YOUR BORDERLINE SON OR DAUGHTER WITHOUT SACRIFICING YOUR FAMILY OR YOURSELF

Book: 59 pages. Provides information on recognizing traits of Borderline Personality Disorder (BPD), raising a child with BPD, sibling issues, treatment options, school issues, insurance and SSI issues, as well as employment suggestions.

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#### HOW I WAS ADOPTED

Book: 42 pages. Upbeat story about adoption from a young child's point of view. Helpful in explaining to very young children what adoption is and how it happens. Openly explains that adopted children are not the biological offspring of their adoptive parents. Illustrated and easy to understand. Includes supportive notes from author to parents about raising adopted children and creating a safe environment that will encourage adopted children to ask questions.

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#### HOW TO DEAL WITH PARENTS WHO ARE ANGRY, TROUBLED, AFRAID, OR JUST PLAIN CRAZY

Book: 93 pages. Written by a former teacher and elementary school principal to help teachers and other education professionals learn how to handle disgruntled parents diplomatically. Provides strategies to cope with parents' worries/fears and to deal with parents who are out of control. Instructs the reader in applying the seven steps of effective problem solving. Analyzing school environment and creating and maintaining a more positive school environment are also discussed.

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#### I AM A BEAUTIFUL PERSON: SEXUALITY AND ME

Video: 14 minutes. Showcases comments by teens with disabilities and the concerns of their parents about sexuality. Useful tool to initiate family or group discussion.

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#### I LIKE BEING ME

Book: 54 pages. Children's book of short poems and photographs about feelings. Poems are written from a child's perspective and are easy to understand. Topics include sharing, feeling cranky, making mistakes, making choices, apologizing, anger, making promises, etc.

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#### I NEED A FRIEND: KIDS TALK ABOUT THE AIDS VIRUS

Video: 15 minutes. Three young children talk openly about the difficulties of having the HIV virus. Issues discussed include their sense of alienation, fear of dying, medications, and their desire to be accepted by their peers and society in general.

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#### I TOLD YOU A MILLION TIMES. . . BUILDING SELF-ESTEEM IN YOUNG CHILDREN THROUGH DISCIPLINE

Book: 60 pages. Examines basic parenting and disciplining styles. Provides help in learning how to express anger positively and tips on encouraging mutual respect and self-esteem in children. Also reviews time out techniques as well as other techniques for positive parenting.

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#### IDEA ADVOCACY FOR CHILDREN WHO ARE DEAF OR HARD OF HEARING

Book: 126 pages. Written to assist parents and professionals in obtaining appropriate educational services for children who are deaf or hard-of-hearing. Outlines in simple terms the rights granted to these children under IDEA and addresses specific issues parents need to be aware of in order to advocate for those rights effectively. Stresses importance of resorting to legal advice only after negotiation has failed. Question and answer format.

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#### IN A STRUGGLING VOICE

Book: 35 pages. Collection of poems by Robert Williams, a poet and disability rights activist who has cerebral palsy. Many of the poems speak of the challenges, struggles and strengths of individuals with severe disabilities while others address more universal themes.

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#### INCLUSIVE EDUCATION: REDISCOVERING OUR RIGHT TO BELONG

Video: 120 minutes. Explores the attitudes, assumptions, and fears that prevent students with disabilities from being included into regular classrooms. Suggests that our current emphasis on achievement, tracking, and segregation leads most, if not all students to see their membership in school and their 'sense of belonging' as something which must be earned. Valuing and working with diverse populations recommended as a first step in building an education system which fosters a sense of belonging among students and staff.

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#### INDEPENDENCE: A LIFESKILLS GUIDE FOR TEENS

Book: 91 pages. Geared towards teenagers in general, not specifically teens with special needs. Written to help teens in their pursuit of responsible independence. Contains advice, checklists and information on finding and maintaining an apartment, managing money, looking for a job, staying healthy and participating in recreational activities. Written on relatively high reading level, which might require adult assistance in using this guide.

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#### INFORMATION FOR PARENTS OF HIGH SCHOOL STUDENTS WITH DISABILITIES IN TRANSITION TO ADULT LIFE

Book: 39 pages. In-depth look at transition issues for high school students with disabilities. Provides tips for parents as they participate in planning their child's transition. Also covers issues such as supported employment and the roles of students, parents, and professionals in the transition process. Provides good transition planning handouts and lists many transition resources.

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#### INTEGRATING TRANSITION PLANNING INTO THE IEP PROCESS

Book: 78 pages. Manual for educators and parents to help students make a smooth transition from school into adult life. Stresses the importance of including in the IEP the skills students with disabilities will need for successful employment, community involvement, postsecondary education, leisure, and self-advocacy. Explores

ways schools, community service agencies, private organizations and families can work together. Sample IEPs and ITPs are included.

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#### INTERVIEW ON ADOLESCENT SUICIDE

Video: 45 minutes. Presents background information on adolescent suicide, as well as risk factors and warning signs. Also provides information on prevention strategies and how to respond to a suicide attempt.

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#### INTERVIEW ON CHEMICAL DEPENDENCY

Video: 18 minutes. Explores chemicals that children abuse, the extent of the problem, stages of addiction, adult response to adolescent substance abuse, and the correlation between sexual abuse and substance abuse.

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#### INTERVIEW WITH A FOSTER PARENT

Video: 42 minutes. Geared towards foster parents of children who have been sexually abused. Information about possible problem behaviors, effects on the foster family and how to create a safe environment for these children.

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#### INTERVIEWING SKILLS FOR JOB CANDIDATES WITH LEARNING OR OTHER HIDDEN DISABILITIES

Video: 25 minutes. Provides tips to help those with hidden disabilities prepare for job interviews and communicate effectively during interviews.

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#### INTERVIEWING SKILLS FOR JOB SEEKERS WITH PHYSICAL DISABILITIES

Video: 20 minutes. Provides strategies for the job candidate with a physical disability on how to lessen or overcome an interviewer's preoccupation with the disability.

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#### IS IT JUST A PHASE?

Book: 350 pages. Written by a pediatrician and a child and adolescent psychiatrist. Provides guidelines for determining when a behavior is a common developmental phase and when it is a more serious problem. Addresses several common childhood behavior problems as well as their more serious counterparts (hyperactivity and ADHD; picky eating and eating disorders; shyness and social phobia; childhood fears and separation anxiety disorder; moodiness and depression/bipolar disorder).

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#### IT CAN'T HAPPEN TO MY CHILD: UNDERSTANDING AND PREVENTING CHILDHOOD INJURIES

Video: 22 minutes. Presents methods for preventing injury among children. Focuses on drownings, burns, and motor vehicle and bike accidents. Suitable for parents, child care providers and teachers.

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#### IT ISN'T FAIR! SIBLINGS OF CHILDREN WITH DISABILITIES

Book: 170 pages. Examines dynamics of sibling relationships when one of the siblings has a disability. Includes several case studies from the perspective of the non-disabled sibling. Also includes personal stories of parents.

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#### IT'S ALL PART OF THE JOB: SOCIAL SKILLS FOR SUCCESS AT WORK

Video: 21 minutes. Features real-life workers with developmental disabilities and interviews with their employers. Stresses importance of basic job habits and social skills (dressing appropriately, being on time, being a team member, being friendly, etc.) that can help in creating successful work situations.

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#### JIMMY AND HIS FAMILY

Book: 21 pages. In English & Spanish, with illustrations. Jimmy tells the story of his life with AIDS. He explains how he is the same as well as different from other children and how one can and cannot get the virus. Description in Spanish: Un niño con SIDA está describiendo su vida con el virus VIH, incluyendo las maneras en como su vida es igual y en otras maneras muy distinta a los niños sin el virus. Explican porque puede ir al escuela (el virus VIH o del SIDA no es algo que se adquiere solo por estar en un aula con otra persona) y como se adquirir el virus del SIDA. También hablan sobre los sentimientos de tener el virus, los miedos, las esperanzas y la gente quien pueden ayudar.

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#### JUST BETWEEN US: A SOCIAL SEXUAL GUIDE FOR PARENTS AND PROFESSIONALS WITH CONCERNS FOR PERSON WITH DEVELOPMENTAL DISABILITIES

Book: 157 pages. Written for parents and professionals who want to deal openly with the social-sexual needs of the child with mental retardation/developmental disability. Examines the anxieties, concerns and myths surrounding these issues. Topics covered include reproductive health, moral-ethical concerns, self-esteem issues, sterilization, contraception, marriage and parenthood.

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#### JUST FRIENDS

Video: 16 minutes. Describes a program that pairs individuals with and without disabilities in friendly supportive relationships. Highlights the value of this "Best Buddy" program for all involved.

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#### KANGAROO CARE: THE BEST YOU CAN DO TO HELP YOUR PRETERM INFANT

Book: 220 pages. Provides detailed information on Kangaroo Care, a skin-to-skin holding technique that helps parents and premature infants bond and facilitates the calming, healing, and development of the baby.

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#### KEV TXHAWB IB TSEV NEEG UA KE (BUILDING A STRONG FAMILY)

Book: 50 pages. Written in Hmong and English. Collection of short stories about Hmong families that combine Hmong culture and current research on families with young children. Stories address the differences in values and practices associated with families, family roles and relationships encountered by Hmong people in America. Useful for parents and professionals in helping Hmong parents adjust to raising children in the United States.

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## KEYS TO THE WORKPLACE: SKILLS AND SUPPORTS FOR PEOPLE WITH DISABILITIES

Book: 275 pages. Written for employment facilitators, rehabilitation professionals, job developers, special educators, and families. Presents a seven-phase sequence that fosters natural supports to help ensure appropriate, self-directed employment for people with disabilities. Provides step-by-step instructions for teaching employees, analyzing tasks, motivating workers and collecting data on jobs and employee performance.

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## KIDS' RANDOM ACTS OF KINDNESS

Book: 121 pages. Stories written by children around the world about unsolicited acts of kindness they have either experienced or performed.

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## KIDS, DISABILITIES AND REGULAR CLASSROOMS

Book: 111 pages. Annotated bibliography of children's literature about disabilities, ranging from picture books to classic novels. Underlying thesis of bibliography is that children belong together. Suitable for use with elementary through high school students to increase their understanding of people with disabilities. Selections present children and adults with disabilities as members of the community, regardless of type and degree of disability. Good resource for families and teachers. Teaching strategies are also discussed.

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## KINSHIP CARE: A NATURAL BRIDGE

Book: 98 pages. Closely examines the issue of kinship care (practice of relatives parenting children). Reviews existing policy and law regarding kinship care and reports on policy and practice recommendations to ensure that children in kinship care, their parents and their kinship parents receive the support and services they need.

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## KINSHIP CARE: TRAINER'S GUIDE

Book/manual: 15 pages. Program designed to help professionals provide required training to kinship-care parents (relatives acting as child's parent). Addresses tensions that can exist between the kinship-care parents and staff. Encourages the professional to be aware of emotions (guilt, shame, anger) often experienced by kinship-care parents and to work at creating a partnership with these parents. Can also be used for group training and/or professional development purposes, as well as by kinship-care parents for self-instruction (along with a mentor or staff person).

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## LAYING COMMUNITY FOUNDATIONS FOR YOUR CHILD WITH A DISABILITY

Book: 217 pages. Encourages families of children with developmental disabilities to go beyond the human services system to ensure that their children have healthy and satisfying lives and will be included in the community after their parents are gone. Checklists and charts included to help parents learn how to assess their child's needs, interests and existing relationships. Discusses link between parent's attitude about their child and how others view their child, where to look for potential relationships/friendships, how to develop new contacts and cultivate existing ones. Also provides resources for estate and future planning.

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## LEARN TO BE SAFE!

Book: 19 pages. Easy-to-use HIV prevention training tool for adolescents and adults with mental retardation. Stories and comic-book-style illustrations provide various lessons on how to avoid contracting AIDS. For use in health care settings, schools, places of worship, and the home.

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## LEARNING DISABILITIES AND SOCIAL SKILLS: LAST ONE PICKED...FIRST ONE PICKED ON (PARENTS' VERSION)

Video: 70 minutes. Examines the problems of isolation and rejection that children with learning disabilities often face. Provides parents and teachers with information and guidance related to the development of social competence and offers practical solutions to help children improve their social skills. Guidebook included.

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## LEARNING TO LISTEN: POSITIVE APPROACHES AND PEOPLE WITH DIFFICULT BEHAVIOR

Book: 269 pages. Challenges the authoritative behavior modification methods often used to control people with cognitive or emotional disabilities and argues that these methods can deprive people of their dignity and/or civil rights. Discusses alternative approaches that help alleviate frustrations for people with disabilities, focus on their needs and wishes and support them in taking control of their lives.

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## LEARNING TO READ AND WRITE: DEVELOPMENTALLY APPROPRIATE PRACTICES FOR YOUNG CHILDREN

Book: 130 pages. Published, in part, as the International Reading Association (IRA) and National Association for the Education of Young Children (NAEYC) joint position statement on developmentally appropriate ways of teaching children to read and write. Photographs, illustrations and guidelines help teachers and caregivers in knowing when and how to teach children reading and writing. Includes many ideas for classroom arrangements, activities and games that foster a desire to read and make writing fun.

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## LEGAL RIGHTS OF THE CATASTROPHICALLY ILL AND INJURED: A FAMILY GUIDE

Book: 280 pages. Addresses legal rights, timetables, guardianship, parent's rights, medical records and special education law. Reports on many different legal cases that were won or settled in favor of injured people and their families. A useful tool in assessing legal rights and services available to people who have sustained injuries.

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## LEO M. CROGHAN 1998 CONFERENCE PRESENTS: DR. STANLEY GREENSPAN

Video: set of 4 videotapes. Dr. Stanley Greenspan's presentation at the 1998 Leo M. Croghan Conference. Presents Dr. Greenspan's comprehensive all-day session on young children with autism/autism spectrum disorder and his interactive work with them. He addresses the role of parent involvement and includes video examples.

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## LET'S TALK ABOUT HEALTH: WHAT EVERY WOMAN SHOULD KNOW

Book: 170 pages. Video: 30 minutes. Includes information on general health issues, explanation of a women's bodies, PMS, relationships, STD's, contraception and other medical problems. Information is geared towards women with mental retardation.

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#### LET'S TALK ABOUT IT: ADOPTION

Children's book: 25 pages. Written by Mr. Rogers to help children understand adoption. Talks about feelings and the importance of sharing feelings with other family members. With photographs.

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#### LIFE AFTER BRAIN INJURY: WHO AM I?

Book: 93 pages (HDI Coping Series, Volume 4). Volume in series written specifically for people with a brain injury. Explains the behavioral and cognitive changes that often result from a brain injury and offers suggestions for coping and adapting.

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#### LIFE SKILLS ACTIVITIES FOR SPECIAL CHILDREN

Book: 346 pages. Practical activities and illustrated worksheets designed to help children learn basic life skills necessary for independence. Teaches telephone skills, how to use money, reading and writing skills, hygiene, light housekeeping, stress management, etc. Also includes lessons that help foster community independence (bike safety, taking the bus, reading a map, good manners and interacting appropriately with others).

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#### LIFETIMES

Children's book: 36 pages. Illustrated children's book that explains death. Talks about the lifetimes of animals, insects, plants and people in terms of everything having a beginning and an ending.

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#### LIVING WITH A BROTHER OR SISTER WITH SPECIAL NEEDS

Children's book: 139 pages. Written for siblings of children with disabilities. Answers questions and addresses feelings siblings may have. Intended for children ages 6-12. Also available through the NC Early Intervention Library.

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#### LIVING WITH DISABILITIES

Video: 30 minutes. Written and produced by adolescents with disabilities. Teens talk to their peers about reaching goals, coping with problems and developing healthy lifestyles. Music by Queen Latifah.

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#### LIVING YOUR OWN LIFE

Book: 90 pages. Written by young adults with disabilities for teenagers who have a chronic illness or physical disability. Addresses a wide range of issues, including health care, disability rights, living independently, relationships and sexuality. Provides information on SSI, Medicaid, PASS and resources in each state for people with disabilities.

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## MAKING CHOICES

Book: 86 pages. Appropriate for any teen or young adult, though main focus is on youth with Spina Bifida. Topics include driving, dealing with anger, relationships, finding a job, opening a checking account, using a computer, volunteerism, and much more.

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## MAKING FRIENDS

Book: 74 pages. Gives strategies for promoting friendships between children with and without disabilities, grades K-6. Book intended for use by recreation staff, school personnel, and parents in supporting these friendships. Discusses barriers to developing friendships for kids with disabilities and how to cope with limitations of the child's disability.

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## MAMA, LISTEN! RAISING A CHILD WITHOUT VIOLENCE: A HANDBOOK FOR TEEN PARENTS

Book: 223 pages. Information presented for teen parents to learn how to raise their children without violence. Covers child development, communication, self-esteem, discipline, learning, language, bedtime, toileting, preventing abuse, learning values, and more. Easy reading level with constructive projects. Spanish version available in FSN Outreach Library ('Escucha, Mama').

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## MANAGING OPPOSITIONAL YOUTH

Video: 53 minutes. Reviews many of the causes of oppositional, strong-willed behavior, and help viewers better understand how they can improve outcomes for such children and teens at home and at school. Helps parents and teachers learn how to best handle difficult parent-child and teacher-student interactions.

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## MANAGING UNMANAGEABLE STUDENTS: PRACTICAL SOLUTIONS FOR ADMINISTRATORS

Book: 177 pages. Provides strategies to help teachers with classroom management. Presents step-by-step process for problem-solving. Special features include: top 10 student behavior problems and how to respond, functional behavior analysis plans that work, worksheets to use in observing and documenting student behavior, and proven sample behavior plans.

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## MANUAL PARA LOS PADRES DEL PROGRAMA DEL INFANTE-NINO MENOR DE TRES ANOS DE CAROLINA DEL NORTE

Audio tape of the Parent Handbook for the NC Infant-Toddler Program. In Spanish. Covers IFSP's, CSC, and other aspects of the NC Infant/Toddler program. Description in Spanish: Una cinta (audio) traduciendo el Manual en entero. Describe los derechos y responsabilidades de los padres, por que la intervencion temprana es efectiva, principios del programa, quien puede recibir los servicios, quien es un coordinador de servicios para el nino(en Ingles CSC), que es el plan individualizado de servicios para la familia (en Ingles IFSP), y mas. Edicion en Ingles disponible en FSN Outreach Library ('Parent Handbook for the NC Infant-Toddler Program').

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## MEETING THE CHALLENGE

Book: 40 pages. Provides information for teachers on coping with challenging behavior and common behavior problems in young children.

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#### MEJOR SOLA QUE MAL ACOMPAÑADA: PARA LA MUJER GOLPEADA

Book: 241 pages. In Spanish & English. Literal title translation: 'Better Alone than Badly Accompanied (For the Latina in an Abusive Relationship)'. Offers support, understanding, and practical information including the special problems of undocumented women, women with few resources, and the woman who speaks little or no English. Description in Spanish: Este libro ofrece apoyo, entendimiento, e informacion practica sobre la violencia domestica, incluyendo los problemas especiales de la mujer sin documentacion, de la mujer con pocos recursos, y de la mujer que no hable o hable poco ingles.

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#### MIXED BLESSINGS

Book: 224 pages. Openly and candidly invites reader to share in the difficulties and challenges the Christopher family experiences upon learning that their son has autism.

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#### MOMMY, WHAT IS A PREEMIE?

Children's book: 49 pages. Story told from a sibling's perspective. Her baby sister was born prematurely, and she gives some information about the conditions as well as explaining some of the feelings that she and her family are experiencing. Includes photographs of the family, the baby, and the hospital. Very upbeat; does not address any negative feelings.

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#### MORE ALIKE THAN DIFFERENT

Book: 135 pages. Written by a nationally-known motivational speaker with cerebral palsy. Challenges individuals with disabilities to recognize, understand and overcome barriers associated with having a disability. Emphasizes the importance of having a positive attitude, taking responsibility for yourself and preparing yourself for new situations.

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#### MORE THAN JUST A JOB

Video: 20 minutes. Presents case studies and interviews with persons with disabilities, their employers, families, and experts in the field. Also identifies the necessary conditions for successful supported employment.

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#### MORE THAN WORDS: HELPING PARENTS PROMOTE COMMUNICATION AND SOCIAL SKILLS IN CHILDREN WITH AUTISM SPECTRUM DISORDER

Book: 424 pages. Contains practical strategies for communicating with a child with autism spectrum disorder. Includes step-by-step instructions about how to use visual cues, music, books and toys to encourage the child to communicate. Also includes techniques for teaching self-care skills such as dressing and eating.

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#### MULTIPLE INTELLIGENCES: THE THEORY IN PRACTICE

Book: 304 pages. Identifies and describes seven types of intelligence (musical, bodily-kinesthetic, logical-mathematical, linguistic, spatial, interpersonal and intrapersonal) and describes each of them. Suggests alternatives to our current educational system for young children through college.

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#### MULTIPLE TRANSITIONS: A YOUNG CHILD'S POINT OF VIEW ON FOSTER CARE AND ADOPTION

Video: 16 minutes. Examines how young children who have lost someone important to them often communicate that loss through their behavior, rather than with words. Video script attempts to put into words that which is being "said" by young children who have been separated from their parent(s).

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#### MULTIPLYING CHOICES: IMPROVING ACCESS TO REPRODUCTIVE HEALTH SERVICES FOR WOMEN WITH DISABILITIES

Book: 108 pages. Offers ideas, advice and suggestions for care providers on how to work effectively with disabled women. Discusses pelvic exams, birth control, pregnancy, sexually transmitted diseases, sex education and issues related to specific disabilities. Also includes guidelines for how to provide services based on each individual's needs, legal issues in providing services, and how to involve women in their own health services.

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#### NATIONAL PUBLIC RADIO PROGRAM ON SELF-DETERMINATION

Audio tape: 60 minutes. Panel discussion segment of NPR's program on "Disability and Health Today." Features political leaders & policy makers, foundation officers, and other experts on self-determination.

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#### NEGOTIATING THE SPECIAL EDUCATION MAZE

Book: 264 pages. Comprehensive resource for developing effective special education programs for child with special needs. Explains each step, from eligibility and evaluation to the IEP process and beyond. Discusses changes in disability laws, including the ADA and IDEA. Reviews early intervention services for children B-3 and services for young adults with special needs. Also covers issues around transitioning out of high school. Useful for parents and educators. Spanish version also available from FSN Outreach Library ("Guiandose Por La Intrincada Senda De La Educacion Especial").

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#### NINOS DESAFIANTES: MATERIALES DE EVALUACION Y FOLLETOS PARA LOS PADRES

Book: 87 pages. In Spanish. Title translation: 'Defiant Children: Assessment Materials and Parent Handouts'. Instructions on facilitating assessment and parent training with Spanish-speaking clients. Russell Barkley provides a thorough clinical guide to his proven 10-session parent training program. Contains assessment forms and parent handouts from the clinical manual, expertly translated and ready to copy and use with Spanish-speaking clients. Description in Spanish: Materiales de evaluacion que faciliten la identificacion temprana y el tratamiento psicologico de ninos hispanos cuyo comportamiento se caracteriza desafiante y folletos para el adiestramiento de padres sobre la intervencion terapeutica adaptada al contexto cultural hispano.

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#### NO, I WON'T! AND YOU CAN'T MAKE ME!

Video: 13 minutes. Practical, how-to advice to parents with children struggling through the often difficult pre-adolescent and teenage years.

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## NOBODY NOWHERE

Book: 217 pages. Autobiography of a woman's attempt to come to terms with having autism. Takes the reader on a journey into the mind of an autistic person and provides an unprecedented insider's view of a little-understood condition. Challenges many long-held myths and misconceptions about autism.

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## OPCIONES: OPORTUNIDADE PARA LA VIDA

Book: 32 pages. In Spanish. Also available in English from FSN Library ('Choices: Opportunities for Life'). Advises parents about strategies for working with a young child with disabilities to increase their independence. Offers concrete methods that parents can use to help their children make choices and learn good decision-making skills. Description in Spanish: El objetivo de este libro es ayudar a padres de niños con discapacidades a tener la independencia. Padres pueden pensar acerca de como ayudar a sus hijos a desarrollar destrezas para tomar decisiones. Ofrecen metodos para enseñar a los hijos a efectuar las elecciones apropiadas y ayudarles a vivir su propia vida a lo maximo de su capacidad cada dia. Edicion en Ingles disponible en FSN Outreach Library ('Choices: Opportunities for Life').

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## OPENING DOORS / ABRIENDO PUERTAS

Video: 29 minutes. In Spanish; subtitled in English. Parent friendly introduction to the special education process. Special education-related terminology is presented in Spanish and then spoken in English as well, so that parents can become accustomed to the words they will be hearing in English. Clear and factual presentation by a special educator. Parent interview makes the video personal and opens the door to family support. Description in Spanish: Este video en español, subtulado en inglés, se explica el proceso de educación especial. Hecho por una maestra de niños especiales, se presentan en manera amistosa, pronunciando las expresiones específicas de educación especial en inglés también para acostumbrarse a los sonidos. Se incluye una entrevista con padres sobre sus experiencias.

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## OPERATION: INDEPENDENCE

Book: 54 pages. Workbook providing activities designed to help young adults with disabilities prepare for living on their own and becoming more independent. Illustrated worksheets and activities help youth evaluate their abilities and self-reliance, and determine what type of supports they will need to be more independent.

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## OPPORTUNITIES FOR EXCELLENCE: SUPPORTING THE FRONTLINE WORKFORCE

Book: 143 pages. Developed with the goal of increasing access to training, higher education, and mentoring for all support staff providing direct services (inclusion aides, personal care attendants, job coaches, etc.). Describes many promising state training initiatives to create career pathways for direct support staff and to enhance the public image of these vital workers.

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## OUR FAMILY, OUR CHILD

Video: 17 minutes. Features Southeast Asian family of a child with a disability speaking about their experiences with special education and other services. Geared towards professionals and includes issues relating to the Asian culture.

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#### PARENT HANDBOOK FOR THE NORTH CAROLINA INFANT-TODDLER PROGRAM (AUDIO TAPE)

Audiotape: length unknown. Explains purpose of early intervention, eligibility criteria, evaluation process, child services coordination process, IFSP, fees and transition services. Spanish version ('Manual Para Los Padres Del Programa Del Infante-Nino Menor De Tres Anos De Carolina Del Norte') also available through FSN Outreach Library.

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#### PARENT PERSPECTIVE: RAISING CHILDREN WITH EMOTIONAL DISORDERS

Video: 21 minutes. Parents discuss the unique challenges of raising children who have severe emotional or behavioral problems. Video provides insight into the frustrations of parents who are often perceived as the 'cause' of their child's inappropriate behavior by those who may not understand the origin or nature of emotional or behavioral disorders.

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#### PARENT/PROFESSIONAL PARTNERSHIPS

Video: 25 minutes. Parents share their experiences in communicating with professionals about their child with special needs. Provides strategies for understanding services that are available for getting services for children with disabilities. Also discusses how parents and professionals can work together as a team.

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#### PASS: PLANS FOR ACHIEVING SELF-SUPPORT (A WORKSHOP TRAINER'S GUIDE)

Book: 52 pages. Trainer's guide developed in cooperation with the Social Security Administration to provide an easy to understand explanation of the work incentive program known as PASS (Plans for Achieving Self-Support) for family members and professionals working with people who are mentally retarded. Includes workshop overheads and handouts for trainer to use which give specific examples of how PASS works.

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#### PATH: A WORKBOOK FOR PLANNING POSITIVE POSSIBLE FUTURES

Book: 55 pages. Workbook that introduces PATH (Planning Alternative Tomorrows with Hope) - a visual approach to dreaming and planning for one's future that could possibly coincide with a student's IEP plan. Guides one through beginning the PATH process, finding support, key elements needed for the first PATH session, and identifies steps involved in the process. Useful for families and schools.

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#### PERSONAL ASSISTANCE SERVICES GUIDE: A GUIDE FOR HIRING, MANAGEMENT, AND CONFLICT RESOLUTION

Book: 89 pages. Guide to help adults with disabilities successfully find, fund, train, and manage personal assistance services. Takes the reader through the steps of defining needs, advertising, interviewing, negotiating, setting up contracts, paying taxes, finding sources of funding and accessing assistive technology. Appendix contains sample contracts such as a work agreement, live-in contract and full-time or part-time employment contracts.

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## PERVASIVE DEVELOPMENTAL DISORDERS: FINDING A DIAGNOSIS AND GETTING HELP

Book: 567 pages. For parents of children with Pervasive Developmental Disorders. Includes information about diagnoses, therapeutic interventions, insurance, school, finances and support/advocacy. Also provides in-depth information about the school system, including transition from early intervention to school, IEPs, 504 plans and home schooling. Includes resources and references.

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## PHYSICALLY HANDICAPPED: FOSTER CARE

Video: 26 minutes. Video for foster parents about how to care for a child who has a physical disability.

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## PIECING RESPITE TOGETHER: A GUIDE TO ORGANIZING RESPITE PROGRAMS FOR PARENT GATHERINGS & CONFERENCES

Book: 33 pages. Intended to assist in organizing a respite program for conferences. Appendices include a sample schedule, child information form, application, medication administration schedule, time sheet and budget form.

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## PLANNING FOR SELF-ADVOCACY IN HEALTH CARE: A WORKSHOP OUTLINE FOR ADOLESCENTS WITH DISABILITIES

Book: 29 pages. Short booklet with workshop outline addressing preparation for independence, paying for health care, self-advocacy, communication, problem-solving, decision-making, negotiation and sexuality. Includes worksheets.

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## PLANNING FOR THE FUTURE

Book: 317 pages. Written to help young adults with disabilities plan for living, working, and participating in the community. Provides worksheets to help identify career interests and goals and in developing an action plan. Also useful for families and professionals. Worksheets can be copied and sent out upon request.

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## PLANNING FOR THE FUTURE: A MANUAL FOR CAREER AND LIFE PLANNING

Book: 317 pages. Provides schools with detailed process for helping students, with and without disabilities, plan for their futures. Activities are designed to help students identify goals and gain self awareness, as well as learn to work together and begin taking ownership of their lives. Workbook is student-directed and intended for use in advisory periods, courses, guidance retreats and any other time students are together to think and plan for their futures.

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## POSITIONING FOR INFANTS AND YOUNG CHILDREN WITH MOTOR PROBLEMS

Video: 30 minutes. Resource for caregivers of a child with motor problems: nurses, physical therapists, occupational therapists, parents and day care providers. Can also be used by parents to teach babysitters, day care providers and other family members. Features several parents and their children in a variety of daily

activities (feeding, playing, dressing, diapering, carrying, going outdoors, traveling by car). Demonstrates recommended ways to handle and position the child. Also available through the NC Early Intervention Library. Copy of test item available on request (located in file LH-060-650-80).

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#### POWER PARENTING FOR CHILDREN WITH ADD/ADHD

Book: 242 pages. Offers practical information and strategies to help parents better understand the nature of ADHD and learn how to manage the difficult behaviors of the strong-willed child. Contains comprehensive information about ADHD as well as basic principles of behavior management. Intended for use in variety of situations and/or for relationships negatively affected by ADHD behaviors. Also provides suggestions on dealing with and improving the self-esteem of children with ADHD.

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#### PRAISE

Video: 30 minutes. Examines the relationship between praise and self-esteem and how praise can be both helpful and unhelpful. Teaches skills that will help children learn how to praise themselves. Program five of six-part 'How to Talk So Kids Will Listen' series. Leader's guide available upon request.

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#### PREEMIES: THE ESSENTIAL GUIDE FOR PARENTS OF PREMATURE BABIES

Book: 578 pages. This book answers the many questions that parents will have at every stage of a premie's development, from high-risk pregnancy through a premie's hospitalization, to homecoming through preschool. Clearly explains common complications such as respiratory distress syndrome, retinopathy of prematurity and equipment used in the NICU. Also includes a chapter on losing a baby and the grief process.

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#### PRENATAL EFFECTS OF ALCOHOL

Video: Addresses basic signs and symptoms of Fetal Alcohol Syndrome/Fetal Alcohol Effects and their secondary developmental, social and psychological implications. Foster parents share caregiving approaches that can help to reduce these effects. Part two of three part 'Act-2; Training for Caregivers of AOD-Exposed Infants' series.

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#### PREPARING ADOLESCENTS FOR LIFE AFTER FOSTER CARE: THE CENTRAL ROLE OF FOSTER PARENTS

Book: 225 pages. Intended primarily for child welfare personnel working with foster parents or providing inservice trainings. Explores the role foster parents play in helping adolescents acquire the skills required to prepare for successful independent living after discharge from foster care. Presents overview of the needs and tasks of young people in foster care and discusses methods and strategies for meeting those needs.

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#### PREPLACEMENT INTERVIEW

Video: 38 minutes. Depicts a preplacement interview between a caseworker and a foster parent regarding the placement a child who has been sexually abused. Provides parents with a better understanding of the types of questions they should discuss with the caseworker.

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## PRINCESS MARGARET'S ADVENTURES IN WONDERLAND

Book: 30 pages. Storybook written, typed and illustrated by Maggie Harris, a 17 year old with Down syndrome. "You can do it if you put your mind to it" writes Maggie.

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## PRISONERS OF SILENCE

Video: 60 minutes. Comprehensive investigation of Facilitated Communication (FC), a controversial technique for nonverbal people with autism. Presents interviews with the leaders of the FC movement, scientists, facilitators, and parents of children with autism and raises tough questions about the implications of its use for these children and their families.

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## PROJECT RELATIONSHIP

Video: 41 minutes. Written manual: 113 pages. Illustrates a structured relationship-based problem solving program known as 'Going Around the Circle'. Program designed to address day-to-day challenges child care staff encounter with the inclusion of children with disabilities and children at-risk for emotional/behavioral problems. Encourages relationship-building among staff, personalized interactions with children and creation of supportive routines and rituals. Gives many sample dialogues and examples of how adults can work together to help children who have developmental delays or behavioral problems.

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## PROTECT YOUR CHILD: A PARENT'S SAFEGUARD AGAINST CHILD ABDUCTION AND SEXUAL ABUSE

Book: 160 pages. Guidebook of practical prevention measures and information. Designed for families to educate their children about the realities of dangerous life situations and how to avoid them, as well as how to protect themselves.

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## PSYCHOLOGICAL SYMPTOMS OF THE SEXUALLY ABUSED CHILD

Video: 39 minutes. Presentation of team-approach model that encourages foster parents, protective service workers, and mental health professionals to work collaboratively when working with children in foster care who have been sexually abused. Addresses behaviors, psychological patterns, and psychiatric symptoms of these children. Scenes from sessions with children are included.

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## QUE LE PASO A RICARDO?/WHAT HAPPENED TO RICARDO?

Book: 36 pages. In English & Spanish. Written in comic book-style about a nineteen year old with schizophrenia. Discusses symptoms he has, how it affects him, as well as his family and friends, and the treatment he receives that eventually helps him. Promotes Alliance for the Mentally Ill as a resource. Description in Spanish: Esta historieta, en estilo comico, con dibujos, describe lo que pasa con un adolescente quien tiene el esquisofrenia. Se notan sus sintomas, los efectos en su familia, el tratamiento y apoyo disponible para el paciente, su familia y sus amigos. Se explican el papel de la trabajadora social, la terapia, las medicinas, y el seguro social por incapacidad. Tambien presentan el grupo AMI (Alianza para Los Enfermos Mentales) como buen recurso.

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## RAINBOW OF HOPE: A GUIDE FOR THE SPECIAL NEEDS CHILD

Book: 183 pages. Written by Toby Levin, a journalist and grandparent of a child with special needs. Provides brief overview of specific birth defects and describes the grief process parents go through when they discover their child has a disability. Also discusses genetic counseling, special needs adoption, residential placement and the history of how children with special needs have been treated.

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## RAISING NUESTROS NINOS: BRINGING UP LATINO CHILDREN IN A BICULTURAL WORLD

Book: 374 pages. Guide for Latino parents to assist them in passing along their cultural heritage, traditions and values to their children in an increasingly homogeneous world. Provides activities that incorporate aspects of Hispanic history and culture in developing basic intellectual, social and emotional needs of children. Might also be useful for education, health and social service professionals who work with Latino children in understanding the interaction of culture, mind, and spirit in the Latino community. Spanish version also available ("Criando A Nuestros Ninos") through FSN Outreach Library.

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## RAISING OUR CHILDREN'S CHILDREN

Book: 237 pages. Explores the challenges, hardships and rewards faced by grandparents raising their grandchildren. Related issues are interwoven with compelling stories from families who have gone through this experience. One chapter is devoted to grandchildren expressing their opinions and points of view.

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## RAISING YOUR SPIRITED CHILD: A GUIDE FOR PARENTS WHOSE CHILD IS MORE INTENSE, SENSITIVE, PERCEPTIVE,

Book: 292 pages. Four-step program to help parents understand their child's temperamental traits, cope with tantrums and develop strategies for handling mealtimes, bedtimes and school issues. Presents a positive and supportive approach to raising a spirited child.

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## REAL BOYS: RESCUING OUR SONS FROM THE MYTHS OF BOYHOOD

Book: 398 pages. Challenges conventional expectations about manhood and masculinity that encourage parents to treat boys as little men and argues that boys need more nurturing and permission to express their feelings than they currently get. 'Only when we understand what boys are really experiencing', says Pollack, 'can parents and teachers help them develop more self-confidence and the emotional savvy they need to deal with issues such as depression and violence, drugs and alcohol, sexuality and love'.

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## REBUILDING CHILDREN'S LIVES TRAINING KIT

Video: Book: 294 pages. Trainer's manual: 421 pages. Outlines the Boys Town program for the care and treatment of troubled children in therapeutic foster homes and addresses effective foster parenting skills. Teaches foster parents how to handle crisis situations and care for sexually abused children.

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## RECOGNIZING AND MANAGING CHILDREN WITH FETAL ALCOHOL SYNDROME/FETAL ALCOHOL EFFECTS: A GUIDEBOOK

Book: 153 pages. Offers practical advice and information on dealing with the lifelong effects that FAS/FAE have on behavior and learning. Covers the historical, medical and social aspects of FAS/FAE and details common behavioral characteristics associated with this condition. Offers specific behavioral management techniques to be used from infancy through adolescence.

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#### RECOGNIZING FAMILY-CENTERED CARE: A GROUP EXERCISE

Book: 21 pages. Facilitator's guide for teaching professionals about the forces that drive the current service delivery system. Goal of exercise is to help them envision ways to provide services that are more family-centered and responsive to families needs and choices. Outlines an hour-long program with handouts, overheads and topics for small and large group discussion.

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#### REMOTE CONTROL CHILDHOOD? COMBATING THE HAZARDS OF MEDIA CULTURE

Book: 184 pages. Explores impact of media (TV, movies, newspapers, magazines) on children's lives and how exposure to violence, often occurring without parental knowledge, can confuse and harm children. Offers suggestions and practical exercises to help teachers and parents work with children to limit negative media exposure and help them understand and process the violence they do see.

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#### REPORT OF THE CWLA TASK FORCE ON CHILDREN WITH HIV INFECTION: INITIAL GUIDELINES

Book: 52 pages. For people and child welfare agencies who want to begin programs that involve children who are HIV+ and what issues this will present. These are some of the suggestions by the CWLA about agency administrative policies, program procedures, and public policy procedures that affect programs. This publication includes an excellent bibliography and additional resources.

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#### RESOURCES FOR FAMILIES

Video: 25 minutes. Addresses the challenges, choices, networking, and parental rights from the perspectives of families of children with special needs. Talks about the helpfulness of support groups and parent-to-parent support. Also available through the NC Early Intervention Library

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#### RESUMES AND APPLICATIONS FOR PEOPLE WITH DISABILITIES

Video: 25 minutes. Targeted at adults with disabilities, this video offers strategies for writing resumes and completing job applications. Discusses the appropriate time to reveal to an employer that you have a disability. Gives useful tips about ADA laws and how to protect against discrimination.

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#### RETURNING TO SCHOOL FOLLOWING TRAUMATIC BRAIN INJURY: A GUIDE FOR SCHOOL PERSONNEL

Video: 60 minutes. Helps family members, counselors, and teachers advocate more effectively for students with brain injury. Addresses the causes and consequences of TBI, eligibility requirements and curriculum considerations, and classroom strategies for promoting academic success following traumatic brain injury.

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## RUSSELL TALKS ABOUT AIDS

Video: 6 minutes. A man with mental retardation and HIV talks about his life and the importance of HIV prevention. This video is useful for policymakers, parents, and self-advocates.

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## SAMANTHA: A STORY ABOUT POSITIVE BEHAVIORAL SUPPORT

Video: 28 minutes. Tells the story of an 11-year-old girl who has autism. The video outlines her family's challenges in finding ways to create a healthy environment. It reflects a positive example of the ways schools and families can work together.

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## SCHOOLING WITHOUT LABELS

Book: 199 pages. Closely examines the experiences of six families whose children with disabilities are full participants in family life. The author demonstrates how the principles of inclusion that govern the lives of these families can be extended to education, community life and other social institutions.

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## SECOND CHANCES: FOSTER CARE'S QUIET COMPASSION

Video: 60 minutes. This documentary video is about two compassionate foster families and the stories of their foster children, who have suffered neglect, abuse and parental substance abuse.

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## SEDUCTIVE BEHAVIOR: COMMUNICATIONS BETWEEN FOSTER PARENTS....

Video: 4 minutes. Discusses appropriate behaviors between child and foster parent. Points out types of misconceptions that parents have about their relationships with their foster children and helps improve communication skills.

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## SELF-ADVOCACY CURRICULUM: TEACHING SELF-ADVOCACY TO ADULTS WITH DISABILITIES

Video: 20 minutes. Trainer's manual: 33 pages. Designed to help teachers and others effectively teach self-advocacy and assertiveness skills to adults with developmental disabilities. Includes 10 lesson plans about communication skills, rights, and responsibilities. The video has examples of role playing which can be used as part of the instruction.

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## SELF-DETERMINATION ACROSS THE LIFE SPAN: INDEPENDENCE AND CHOICE FOR PEOPLE WITH DISABILITIES

Book: 353 pages. Academic book which presents research about how to foster self-determination from early childhood through adulthood. For professionals who provide support services and intervention, parents and people with disabilities. Gives suggestions for promoting self-determination at school, work, in the community and at home.

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## SELF-DETERMINATION FOR PERSONS WITH DEVELOPMENTAL DISABILITIES

Video: 13 minutes. A basic introduction to the concept of self-determination. It is directed to advocates, self-advocates, and professionals.

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### SELF-DETERMINATION FOR YOUTH WITH DISABILITIES

This book is composed of 15 modules, each of which covers an important aspect of self-determination for youth and young adults with disabilities. Topics include creating personal futures plans, family meetings, values, choice-making, solving problems, self-advocacy, community resources, etc. This book is geared towards the trainer and professional who work with families of youth with disabilities. 3/99.

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### SEPARATION AND LOSS ISSUES FOR FOSTER AND BIRTH FAMILIES

Video: 120 minutes. This video describes the universal pain of children who enter and exit foster care and the impact of loss on foster children. Discusses the healing role that foster families can play by understanding pain and loss and helping kids cope with their feelings. Guidebook: 19 pages. Includes helpful discussion points and exercises.

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### SERVING PASSENGERS WITH COGNITIVE DISABILITIES: A TRAINING PROGRAM FOR FIXED ROUTE BUS OPERATORS

Book: 143 pages. Includes presentations and exercises to help bus operators improve their communication skills and more effectively serve passengers with mental retardation and other cognitive disabilities.

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### SESAME STREET LEAD AWAY! LEAD POISONING PREVENTION PROJECT

Video: 15 minutes (in English), cassette tape in English and Spanish, and family booklets in Spanish and English. Sesame St. characters present information on lead poisoning for children and adults. Item is also available through the NC Early Intervention Library. Description in Spanish: Un grupo de materiales, incluyendo un video en Ingles, una cinta de audio y algunos librillos para las familias en Ingles y Espanol. Las caricaturas de Plaza Sesamo presentan el informacion sobre intoxicacion de plomo en los ninos y adultos. Tambien disponible de La Biblioteca de Intervencion Temprana en Carolina del Norte.

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### SEXUALLY ABUSED CHILDREN IN FOSTER CARE

Book: 102 pages. Information for foster parents and other caregivers of children who have been sexually abused. Discusses short and long term effects, how to develop constructive relationships, dealing with inappropriate behavior and information about how children with special needs are at risk for abuse.

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### SHOWER YOUR BABY WITH LOVE--BREASTFEED

Video: 15 minutes. Closed captioned and ASL interpretation.

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### SIBLINGS OF CHILDREN WITH AUTISM: A GUIDE FOR FAMILIES (TOPICS IN AUTISM)

Book: 127 pages. Includes personal stories and examples to illustrate ways parents can help their children understand and cope with having a sibling with autism. Emphasizes the importance of allowing children to share their feelings (including frustration, embarrassment, and other negative feelings) and helping children understand the characteristics of autism. Also available through the NC Early Intervention Library.

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### **SIGNS AND STRATEGIES FOR EDUCATING STUDENTS WITH BRAIN INJURIES: A PRACTICAL GUIDE FOR TEACHERS**

Book: 101 pages. A useful guide for teachers about brain injury issues such as understanding educational needs, signs and changes to watch for, classroom strategies, working with neuropsychologists and helping parents. Provides useful worksheets for goal-setting, educational planning and adaptive strategies.

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### **SIGNS FOR ME: BASIC SIGN VOCABULARY FOR CHILDREN, PARENTS & TEACHERS**

Book: 117 pages. Sign language dictionary containing illustrated signs, designed to teach basic sign vocabulary. Includes verbs, adjectives, nouns (toys, people, transportation, plants, animals), pronouns, numbers and the alphabet.

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### **SOCIAL SKILLS ACTIVITIES FOR SPECIAL CHILDREN**

Book: 403 pages. This book is a collection of lessons, activities, and ideas designed to help elementary-school children with special needs become aware of acceptable social behavior and develop proficiency in acquiring basic social skills through hands-on activities. The three main sections are: 1) accepting rules and authority at school, 2) relating to peers and 3) developing positive social skills.

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### **SPEAK OUT (GROUP LEADER'S GUIDE) A CURRICULUM FOR TEACHING COMMUNICATION SKILLS**

Book: 51 pages. Concentrates on the development of communication skills. This is an advanced youth training curriculum, assuming that the youth participant has already learned how to look for an apartment, find a job, calculate finances. In this curriculum youth learn how to get along with a roommate, approach a landlord, deal with job criticism, etc. This group leader's guide has an accompanying youth guide.

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### **SPEAK OUT: A CURRICULUM FOR TEACHING COMMUNICATION SKILLS**

Book: 69 pages. Written for the adolescents and young adults with disabilities to help them practice communication. Provides worksheets, examples and scenarios about work and careers, family, shopping, community, recreation, friends, home, AIDS and dating. Goes with "Speak Out: Group Leader's Guide"

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### **SPEAK UP FOR HEALTH: A HANDBOOK FOR PARENTS**

Book: 100 pages. Adolescents and young adults with disabilities and their parents share their stories about health care; issues such as independence in health care, changing roles, the impact of chronic illness or disability on adolescent development, sexuality, communicating with health professionals, self-advocacy, and paying for health care. Appendix includes checklists and tips that will help people navigate the path to independence in health care.

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## SPEAK UP FOR HEALTH: PREPARING FOR INDEPENDENCE IN HEALTH CARE--A WORKSHOP OUTLINE

Book: 14 pages. Workshop outline for adolescents which addresses preparation for independence, paying for health care, self-advocacy, communication, problem-solving and decision-making, negotiation and sexuality.

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## SPEAK UP FOR HEALTH: INDEPENDENCE IN HEALTH CARE--A WORKBOOK FOR TEENS

This workbook is designed to introduce teenagers with developmental disabilities to the subject of independence in health care. It is intended to be used with teens in partnership with parents or teachers. The loose format of the workbook will encourage discussion about the topics addressed. Topics include self-advocacy, communication, health care skills, independence, paying for health care, and staying healthy.

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## SPEAK UP FOR HEALTH: PLANNING FOR SELF-ADVOCACY IN HEALTH CARE; A WORKSHOP FOR PARENTS OF ADOLESCENTS WITH DISABILITIES

Book: 41 pages. This parent workshop outline addresses communication, self-advocacy, sexuality, paying for health care, and changing roles of students, parents, and professionals. Includes worksheets.

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## SPEAK UP FOR HEALTH: YOUNG PEOPLE WITH CHRONIC ILLNESS AND DISABILITIES SPEAK

Video: 15 minutes. Introduces the viewer to young people who understand their healthcare needs, who value independence, and who speak out on their own behalf. Spotlights parents and health care providers who support the need for knowledge and independence in health care. Suggestions for helping adolescents transition from pediatric to adult health care systems.

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## SPECIAL CHILDREN-SPECIAL RISK

Video: 15 minutes. Discusses foster care and children with disabilities, reasons they are especially vulnerable to sexual abuse, how to identify a sexually abused child and the importance of therapy to help a child recover.

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## SPECIAL KIDS, SPECIAL DADS: FATHERS OF CHILDREN WITH DISABILITIES

Video: 20 minutes. Takes a look at what fathers experience when their children have special needs through interviews of fathers sharing their feelings and thoughts with great honesty and integrity. Note: Also available through the NC Early Intervention Library

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## SPECIAL-NEEDS READING LIST: AN ANNOTATED GUIDE TO THE BEST PUBLICATIONS FOR PARENTS AND PROFESSIONALS

Book: 314 pages. This book is meant to guide you to publications and other resources that provide information about how to help your child with disabilities achieve the most healthy, fulfilling life possible. Included in this guide are books and periodicals, organizations and websites for parents of children with disabilities.

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## SSI HELPING KIDS (ENGLISH)

Video: 13 minutes. Provides basic information about SSI for kids with disabilities, including purpose, eligibility criteria, the application process and benefits. (Although this video was produced in 1994 it is so general that it is still applicable)

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## SSI HELPING KIDS (SPANISH)

Video: 13 minutes. Basic information in Spanish about the SSI program including purpose, eligibility criteria, the application process and benefits. (Although this was produced in 1994, it is general enough to still be applicable). Traducción del título: SSI Ayudando Los Niños. Información básica en español sobre el programa SSI (Seguro de Ingreso Suplementario), incluyendo el propósito, el criterio y el proceso para aplicar y los beneficios. (Hecho en 1994). Edición en Inglés disponible en FSN Outreach Library (el mismo título).

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## SSI INSIGHTS

Video: 20 minutes. Addresses how to provide the necessary documentation about a child's disability to a disability determination service (DDS) team. Explains how to provide appropriate medical and other evidence of a child's eligibility for SSI and how to create an accurate picture of the child's day to day functioning.

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## STARTING OVER: LIFE AFTER A SEVERE HEAD INJURY

Video: 29 minutes. Provides information about the experiences of people recovering from a brain injury. Offers insight about the confusion, frustration, and grief over the loss of abilities and lifestyle changes, and gives information on how families and friends can be helpful during the long and difficult process of rehabilitation. Highlights the stories of 4 people who are at different stages of rehabilitation. Also available through the NC Early Intervention Library.

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## STRESS? FIND YOUR BALANCE

Book: 142 pages. This book presents step-by-step, easy-to-follow directions for 14 stress-management techniques. Includes several candid stories from people who have used these methods and successfully reduced the stress in their lives. Talks about the importance of activities that help buffer stress (regular exercise, meditation, eating well, learning to deal with criticism, managing time wisely and needing less approval from others).

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## STUDENTS WITH DISABILITIES AND ASSISTIVE TECHNOLOGY

Book: 44 pages. This guide; primarily for secondary and middle school students, is designed to be used by teachers, school counselors, vocational rehab counselors, students and families; suggests AT devices for a variety of disabling conditions, lists possible funding sources, provides definitions and includes additional sources of information.

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## STUMBLING BLOCKS TO STEPPING STONES

Book: 287 pages. Personal story of a woman with learning disabilities. Shari tells her story of growing up with learning disabilities, how she overcame them and went on to speak about her experiences, advocating for those who need help and understanding.

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#### SUBSTANCE ABUSE AND SEXUAL ABUSE

Video: 20 minutes. Explores the relationship between substance abuse and sexual abuse within families. Describes role of foster parents and presents interviews with individuals who have been sexually abused. Part 4 of 5 part "Act 1 - Child Welfare & Chemical Dependency: A Core Curriculum" series.

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#### SUCCESSFULLY PARENTING YOUR BABY WITH SPECIAL NEEDS

60-minute video for parents who have recently discovered their child has delays. In this video, parents learn about the benefits of Early Intervention, including how a child is evaluated, developing an IFSP, accessing resources and programs and preparing for transitions.

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#### SUPPORTED EMPLOYMENT HANDBOOK: A CUSTOMER-DRIVEN APPROACH FOR PERSONS WITH SIGNIFICANT DISABILITIES

Book: 245 pages. The purpose of this manual is to provide a contemporary training resource on implementing supported employment using a model where the customer directs the process. Topics include: customer profiles, job development, job site training, long-term supports, assessing quality services.

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#### SUPPORTED EMPLOYMENT: A STEP-BY-STEP GUIDE

Book: 38 pages. Explains the adult service delivery system and how to find or improve supported employment for an individual with developmental disabilities, mental illness, traumatic brain injury, or other disabilities. Also provides suggestions about how to organize people to advocate for supported employment in a community.

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#### SURVIVAL KIT (PART 1) A GUIDE FOR BRAIN INJURY SURVIVORS AND THEIR FAMILIES

Book: 55 pages. Serves as a reference guide to survivors of traumatic brain injury and their families. Booklet includes information about brain injury, family issues and challenges, understanding rehabilitation, terms and definitions, and an information resource directory.

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#### SURVIVAL KIT (PART II) A GUIDE FOR BRAIN INJURY SURVIVORS AND THEIR FAMILIES

This manual is designed to assist persons with brain injuries. Systematic and continuous use will help assure higher functioning for survivors with memory loss. Materials include schedules, calendars, journals, logs, daily living checklists, visual reminders, treatment tasks and goals, personal / household information, and survival strategies. Manual provides originals for copying or people may want to order this kit for \$20 by calling (828) 635-8500.

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#### TAKING CHARGE OF ADHD: THE COMPLETE, AUTHORITATIVE GUIDE FOR PARENTS

Book: 294 pages. Covers definitions and causes of ADHD and what parents can expect from a child with ADHD. Evaluation, treatment and education strategies are clearly defined in each chapter. The book also addresses medications used for ADHD.

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#### TAKING CHARGE: TEENAGERS TALK ABOUT LIFE & PHYSICAL DISABILITIES

Book: 164 pages. Looks candidly at the experiences, thoughts, fears, hopes and feelings of 15 young adults with physical disabilities. Topics range from family, communication, dating and friendships to future goals, career options and independence.

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#### TAX OPTIONS AND STRATEGIES FOR PEOPLE WITH DISABILITIES

Book: 313 pages. Looks at how people with disabilities can effectively use tax laws to maximize their returns; the author, a disability rights attorney and policy analyst, takes the unique perspective of viewing the IRS as a potential source of funding for everyday support services that enhance independence.

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#### TEACHING PERSONS WITH A BRAIN INJURY: WHAT TO EXPECT

Book: 93 pages. (HDI Coping Series, Volume 5) This volume was developed for educators, family members and those helping persons with a brain injury with their reentry into the school system. Behavioral and cognitive problems are discussed, followed by classroom examples and suggested intervention techniques.

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#### TEACHING SELF-DETERMINATION TO STUDENTS WITH DISABILITIES: BASIC SKILLS FOR SUCCESSFUL TRANSITION

Book: 354 pages. Presents ready-to-use instructional methods that help teach specific skills students need for a more satisfactory, self-directed life, such as decision making, goal setting, problem solving, assertiveness. The hands-on exercises in this book help promote autonomous behavior, reinforce the learning and practice of self-determination, and encourage students to recognize their own preferences.

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#### TEENAGERS WITH ADD: A PARENTS' GUIDE

Book: 370 pages. Addressses problems that kids with ADHD frequently have at home and at school and how to overcome them. Excellent summaries at the end of each chapter give suggestions for handling specific behaviors.

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#### TELLING YOUR FAMILY STORY...PARENTS AS PRESENTERS

Video: 18 min. Parents share the rational for telling their familiy "story" regarding challenges & triumphs of raising a child with special needs. The guide book that accompanies the video provides helpful tips & suggestions for creating a dynamic message.

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#### THANK YOU FOR THIS CHILD. WHERE IS THE INSTRUCTION BOOK?

Book: 40 pages. Tells the story of having a child with mental retardation from birth through adulthood. Martha Clodfelter is honest and open about the grief she and her husband experienced as parent of a child with special needs. Talks about the issues parents of disabled children face, including school issues, medical issues and deciding how to care for and plan for the future of an adult child with special needs.

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#### THAT'S MY CHILD

Book: 198 pages. This book is written for parents of children with disabilities. The chapters cover topics such as building support networks, developing and maintaining good relationships, the laws affecting persons with disabilities, school systems, recreational activities, and friends.

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#### THE 'PUTTING ON THE BRAKES' ACTIVITY BOOK FOR YOUNG PEOPLE WITH ADHD

Book: 88 pages. This activity book is full of exercises designed to help kids ages 8-13 understand and take control of their ADHD. Helps kids learn ways to solve problems, learn from mistakes, get organized, relax and ask for help. Section on schoolwork talks about time management, planning ahead, study tips, proofreading and correcting homework, keeping track of assignments and making a work schedule.

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#### THE AMERICANS WITH DISABILITIES ACT: A GUIDE FOR PEOPLE WITH DISABILITIES, THEIR FAMILIES, AND

Book: 59 pages. Explains how the ADA, passed in 1990, prohibits discrimination against persons in employment, public services, public accommodations, telecommunications and other areas. The book quotes the law, provides definitions and examples, and offers a resource list for further information. Also available through the EI Library

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#### THE AMERICANS WITH DISABILITIES ACT: YOUR PERSONAL GUIDE TO THE LAW

Book: 53 pages. Provides a general description of the ADA's entitlement provisions and an overview of the various parts of the law: employment, government, public accommodations, transplantation, and telecommunications.

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#### THE BOOK OF BABY MASSAGE: FOR A HAPPIER, HEALTHIER CHILD

Book: 95 pages. Illustrated book about techniques for massaging a baby from birth through over a year old. Gives step-by-step instructions and describes the benefits of massage at this stage of development.

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#### THE CHALLENGE OF PARENTING

Video: 20 minutes. Presents clear-cut parenting strategies and approaches for working with adolescents who are at risk of developing an alcohol and/or drug addiction. Part 3 of 3 part ' Act-2: Training for Caregivers of AOD-Exposed Infants' series.

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#### THE CHALLENGING CHILD: UNDERSTANDING, RAISING, AND ENJOYING THE FIVE DIFFICULT TYPES OF CHILDREN

Book: 318 pages. This book contends that most children fall into five basic personality types that stem from inborn physical characteristics: sensitive, self-absorbed, defiant, inattentive, or active/aggressive. For each of these, there are parenting patterns to avoid and those that help the most. The Challenging Child reassures parents that they do not simply have to "live with" their child's temperament but can fit their parenting style to their child's unique personality and help each child build on strengths, master weaknesses, and embrace life with confidence and skills.

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#### THE COMPLETE IEP GUIDE: HOW TO ADVOCATE FOR YOUR SPECIAL ED CHILD

Book: 200 pages (approx). Written by an attorney for parents of kids with special needs. This comprehensive guide helps parents understand special education law, collect all school records, prepare for the IEP meeting and resolve disputes with the school district through mediation or a fair hearing. Includes workseets to help parents keep thorough records.

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#### THE EARLY INTERVENTION DICTIONARY: A MULTIDISCIPLINARY GUIDE TO TERMINOLOGY (2ND EDITION)

Book: 338 pages. A useful dictionary for professionals or parents overwhelmed by the many new terms they encounter when their infant or toddler is diagnosed; defines and clarifies terms used by different medical, therapeutic, and educational professionals who provide EI services. This is also available throught the Early Intervention Library.

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#### THE FAMILY-CENTERED INFANT-TODDLER PROGRAMS: A GUIDE FOR INTERPRETERS

2 part item: Booklet and Videotape set which describes/defines the Infant Toddler Program, family-centered services, and the role of an interpreter in such a setting. Spanish/English Glossary on commonly used EI terms enclosed. This is also available through the NC Early Intervention Library

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#### THE FIRST YEARS LAST FOREVER

Video, 28 minutes. Addresses principles of brain development and the influence that early attachments and caregiving have on healthy development. Covers brain research, developmental stages of children up to 3 years and other parenting issues.

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#### THE FUTURE OF CHILDREN: DRUG EXPOSED INFANTS (JOURNAL ISSUE)

Journal issue with all articles focusing on drug exposure in infants; topics include summary analysis and policy recommendations, medical developmental, economic and ethical issues, perspectives of a reproductive rights attorney and juvenile court judge

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#### THE FUTURE OF CHILDREN: HOME VISITING

Journal issue: 214 pages. Includes overview of home visiting, description of programs in US and Europe and review of research. Explores such topics as cost and benefits of home visiting programs, home visiting and the development of young children, staffing issues, home visiting for families in poverty, the importance of culture

in designing program, and home visiting as a method of child abuse and neglect prevention. Also available through the NC Early Intervention Library.

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#### THE FUTURE OF CHILDREN: SEXUAL ABUSE OF CHILDREN

Book: 246 pages. Collection of 14 articles dealing with child sexual abuse. Subjects addressed include reporting and investigation, prevention, psychological impacts, social awareness, and treatment. Focuses on foster and adopted children, but would probably be useful for any child with behavior problems.

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#### THE HEALING POWER OF THE FAMILY: AN ILLUSTRATED OVERVIEW OF LIFE WITH THE DISTURBED FOSTER OR ADOPT

Book: 118 pages. Examines some of the hard-core realities of providing foster care. Talks about behavioral/emotional problems in children who have been abused and/or neglected, the impact these children can have on foster and adoptive families, family-based interventions, and unconventional parenting strategies that can be used to cope with difficult behavior.

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#### THE JUDICIAL SYSTEM IN NORTH CAROLINA

Book: 41 pages. Explains the North Carolina court system. Provides information on wide range of topics which fall under the umbrella of the NC judicial system. Explains the formal structure of the court and identifies the various groups and processes that influence that structure. Spanish version ( "El Sistema Judicial en Carolina del Norte") is also available from FSN Outreach Library.

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#### THE LIFE OF A BIPOLAR CHILD: WHAT EVERY PARENT AND PROFESSIONAL NEEDS TO KNOW

Book: 274 pages. One mother's story of life with a bipolar son, from infancy through his death (suicide) at age 13. Part 2 gives the "facts behind the story", such as symptoms, types of therapy, medication, new research and warning signs of suicide. Also includes a list of resources and helpful organizations.

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#### THE LONG JOURNEY HOME

Children's book: 44 pages. Illustrated children's book about a child who has been separated from his mother. He begins a search, which becomes a perilous adventure, to find her. The book is appropriate for any child who has suffered separation from loved ones, such as foster children. It focuses on love, loss, trauma and trust.

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#### THE MISUNDERSTOOD CHILD: UNDERSTANDING AND COPING WITH YOUR CHILD'S LEARNING DISABILITIES

Book: 403 pages. Covers the main disorders that often accompany learning disabilities, including ADHD, anxiety disorders, OCD, anger-control and depressive disorders. Includes information about educational options for gifted students with learning disabilities and state and federal laws regarding discrimination.

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#### THE MULTICULTURAL FAMILY

Video: 21 minutes. Provides information on African American, Native American and Hispanic cultures. Stresses the need for individuals and systems to provide services effectively to people of all cultures, races, ethnic backgrounds and religions. Useful for foster parents in constructing an environment that welcomes all cultures and maintains child's own background. Part 5 of 5 part "Act 1 - Child Welfare & Chemical Dependency: A Core Curriculum" series.

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#### THE NEW MAKING IT ON YOUR OWN

Book: 92 pages. Illustrated, easy-to-understand workbook geared towards youth preparing for independence. Chapters include job hunting, apartment living, home management, transportation, health, leisure, and money management. Includes many activities to help young people evaluate their needs and resources, and to make informed decisions.

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#### THE OTHER SIDE OF THERAPY: DISABILITY, NORMALCY, AND THE TYRANNY OF REHABILITATION

Video: 115 minutes. Norman Kunc, lecturer and consultant on inclusion issues, shares some of his experiences growing up with cerebral palsy. Using humor and a storytelling format, he tells his story of how he came to the realization in his life that he does not want to be cured of CP. He shares that being "disabled doesn't mean broken, it means diverse." Norman encourages therapeutic professionals to view their role as assisting individuals to enhance their quality of life, given their abilities and interests, rather than trying to "cure" them or make them more "normal." Norman shares that therapy should be inclusive, client-driven, and meaningful.

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#### THE OUT-OF-SYNC CHILD: RECOGNIZING AND COPING WITH SENSORY INTEGRATION DYSFUNCTION

Book: 322 pages. Often confused with ADD, LD, or other developmental problems, Sensory Integration Dysfunction is a subtle difficulty that prevents children from interpreting sensory signals coming from their bodies and the world around. With several case studies and checklists of common SI symptoms, this book is for parents, teachers, and professionals concerned about behavior resulting from this disorder. Includes glossary, recommended reading and resources, and index.

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#### THE PARENT TRAINING GUIDE TO RECREATION

This guide is for professionals who are involved in training parents of children with disabilities on play/recreation topics. Includes a video, overhead transparencies, handouts, and extensive contact lists for additional information.

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#### THE ROAD YOU TAKE IS YOURS

Video: 19 minutes. Finding a new job, learning to live independently, getting married, and being reunited with lost family members are a few of the topics addressed. Profiles several people with developmental disabilities and explores how they took steps toward self-determination and increased autonomy.

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#### THE SCHOOL SURVIVAL GUIDE FOR KIDS WITH LD

Book: 164 pages. Practical guide designed to help kids with various types of learning disabilities develop strategies to help them succeed in school and socially. Includes lots of activities and practical exercises that kids can do themselves. Topics are presented in a positive way which encourages kids to take responsibility for themselves and include: how to get along with others, handle conflict, be a better reader, writer, speller and how to solve math problems. Also teaches time management and organizational skills.

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#### THE SIBLING EXPERIENCE

Video: 63 minutes. Panel discussion in which 4 young people speak about the role of brothers or sisters of children with disabilities. Through their comments and answers to parent questions, some of the problems and feelings associated with their sibling experiences emerge, as well as ideas about solutions.

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#### THE SLEEP BOOK FOR TIRED PARENTS: HELP FOR SOLVING CHILDREN'S SLEEP PROBLEMS

Book: 100 pages. Workbook for parents of children who have sleep problems. Addresses specific problems such as night fears, sleep terrors, nightmares, early rising, separation anxiety, etc. Gives step-by-step instructions and worksheets to help parents help their child cope with the problem and sleep better.

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#### THE STORY OF THE STRANGER (HIGH SCHOOL ASSEMBLY)

Video: 50 minutes. An enlightening and entertaining presentation. Using humor, Norman Kunc shares some of his experiences growing up with Cerebral Palsy. He asks his audience of high school students to accept diversity, to 'argue with the voice' inside of each of us that says we are not good enough, and to 'seek the story in the stranger' to find commonalities.

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#### THE TBI TOOL KIT

Book: 84 pages. Addresses 1) info on SSDI, SSI, Work Incentive Programs and other federal resources available for persons with TBI; 2) framework for gathering the necessary info to complete above application processes and tips on appealing decisions; 3) contact info for federal and state agencies, advocacy groups and organizations which offer assistance.

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#### THE WAY THEY LEARN: HOW TO DISCOVER AND TEACH TO YOUR CHILD'S STRENGTHS

Video: 50 minutes. Explains that we each follow our own course according to our own unique learning style; understanding different types of learning styles can provide insight and help ease some family conflicts. This video serves as an introduction to the book in which each learning style is explained in detail.

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#### THE WILD DREAM TEAM

Video: 60 minutes. Follows 10 mentally challenged high school students for one school year as they realize their wildest dream: to live in their own apartment while still in school. Hear students talk about their experiences, as well as from their teachers and parents.

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#### THE YOUNG CHILD AND MATHEMATICS

Book: 185 pages. Full of ideas for teaching preschool and elementary school children math concepts. Offers classroom scenarios, activities and strategies that will help early childhood teachers make math fun and lay the foundation for understanding mathematics.

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#### THERAPEUTIC RECREATION: JUST WHAT THE DOCTOR ORDERED

Video: 11 minutes. Features adults discussing the value and goals of recreational therapy. Offers patients functional practice in reaching therapeutic goals using real life settings.

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#### THEY'RE JUST KIDS

Video: 27 minutes. Explores the advantages of the inclusion of children with disabilities in the classroom, cub scouts, and other extracurricular activities. Discusses ways to integrate and include children and adults with disabilities in community, recreational, social, and educational programs.

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#### THIS YEAR--DON'T LOSE ANY FRIENDS

Video: 17 minutes. Targeted at teenagers, this video tells the story of 3 teenagers and their experiences with car accidents. Emphasizes the importance of safety. Winner of the Colorado Public Relations Association Silver Picture Award.

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#### THORNS HAVE ROSES: UNDERSTANDING AND COPING WITH THE EFFECTS OF CHILDHOOD ABUSE AND NEGLECT

Book: 51 pages. Book for adults who suffered physical, emotional or sexual abuse or neglect as children. The goal is to help adults become aware of the hurt that has been with them since childhood, to understand it through adult eyes and learn how to heal from it. Includes some self-assessment tools and personal family history charts.

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#### TO LOVE A CHILD: A COMPLETE GUIDE TO ADOPTION, FOSTER PARENTING, AND OTHER WAYS TO SHARE YOUR LIFE.

Book: 225 pages. Examines the full range of alternatives for those who cannot become biological parents, or who want to expand their families. Answers questions about agency and international adoption as well as less familiar choices, such as foster parenting, child and family mentoring, and special-needs adoption. Also provides information on applications, resources, and costs of adoption.

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#### TOGETHER FOR SUCCESS: A ROAD MAP FOR POST-SECONDARY STUDENTS WITH LEARNING DISABILITIES

Book: 60 pages. Designed to provide assistance and guidance to students with learning disabilities who want to go to college. Provides strategies and advice to help these students gain independence, self-worth, and success in their lives.

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## TOGETHER SUCCESSFULLY: CREATING RECREATIONAL AND EDUCATIONAL PROGRAMS THAT INTEGRATE PEOPLE WITH AND WITHOUT DISABILITIES

Book: 113 pages. This handbook is filled with practical, detailed, step-by-step directions for creating integrated recreation and education programs; topics include promoting positive interactions between participants with and without disabilities, adapting activities, activity plans that work, and programs that change lives and communities.

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## TRANSICIONES DE LA EDAD TEMPRANA EN CAROLINA DEL NORTE (AUDIOTAPE)

Audiotape: unknown length. In Spanish. Provides information on transitioning from the NC Infant/Toddler Program into the Preschool Program. Compares each program and explains such issues as parent rights, accessing services, IEP's, etc. Also provides hints for smoother transition. English version ('Early Childhood Transitions in North Carolina: A Parent's Guide to the Infant-Toddler and Preschool Programs') is also available through FSN Outreach Library. Description in Spanish: Una cinta (audio) con informacion sobre el proceso del transicion desde el Programa Infantil/Ninos Pequeños de Carolina del Norte hasta el Programa Pre-escolar. Cuando su niño cumple los tres años, la responsabilidad de patrocinar los servicios de intervencion temprana cambia a las Escuelas Publicas. Esta transicion puede implicar solo un cambio de quien paga para los servicios del niño, o puede implicar maestros nuevos y ambientes diferentes. La cinta contiene comparaciones de los dos programas, los derechos y responsabilidades de los padres, como obtener acceso a los Servicios de Educacion Especial y hacer una transicion mas suave con los reuniones necesarios antes de que su niño tenga los tres años. Edicion en Ingles disponible en FSN Outreach Library ('Early Childhood Transitions in North Carolina: A Parent' Guide...')

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## TRANSITION TIPS AND TOOLS

Book: 98 pages. Addresses issues relating to transition from adolescence to adulthood: self-advocacy, vocational rehabilitation, the Americans with Disabilities Act, JTPA (the Job Training Partnership Act), recreation, case management, employment, housing, personal care, estate planning, transportation, IEPs, and independent living.

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## TRANSITION TREK

Board game for teenagers designed to help youth and young adults plan for life after high school. There are 6 game pieces, and players draw cards and answer questions on topics such as community living, recreation, higher education, relationships, jobs, and other related topics.

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## TRAUMA IN THE LIVES OF CHILDREN

Book: 32 pages. Identifies various events that can cause trauma (such as physical and/or sexual abuse, witnessing a crime and natural disasters) and the impact of this stress. Identifies common responses and behaviors resulting from trauma and suggests ways to help children recover and learn to heal themselves.

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## UNDERSTANDING ALCOHOL AND OTHER DRUGS

Video: 16 minutes. Presents theoretical models for understanding chemical dependency and illustrates complexity of alcohol and drug abuse issues. Substance abusers talk about why they used/abused and became

chemically dependent. Part 1 of 5 part 'Act 1-Child Welfare and Chemical Dependency: A Core Curriculum' series.

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#### UNDERSTANDING LEARNING DISABILITIES: HOW DIFFICULT CAN THIS BE?

Video: 70 minutes. This video enables the viewer to experience life the way a student with learning disabilities does. 21-page guide that goes with the video lists early warning signs of LD and suggests strategies to help parents and teachers maintain positive behavior in students who have learning disabilities.

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#### UNDERSTANDING THE DEFIANT CHILD

Video: 35 minutes. Includes program manual. Presents what we know about ODD, real-life scenes of family interactions and commentary from parents. Viewers learn how to distinguish ODD from milder forms of misbehavior, the relationship between ODD and ADHD, and how parent training can help. The manual is a review of the material, and gives supplementary information, including lists of suggested readings and resources.

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#### UNDERSTANDING THE DISEASE/COMPENDAMOS LA ENFERMEDAD

Video: 13 minutes. Spanish/English. A bilingual presentation, with animation and narration, which provides an overview of HIV. Also shows interviews with HIV+ individuals and includes discussion about the disease. Description in Spanish: Un presentacion bilingue, con el animacion y el narracion, para proveer un resumen del VIH (el virus del SIDA). El video tiene algunas entrevistas de personas con VIH positiva discutiendo el enfermedad.

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#### UNIQUE CHALLENGES, HOPEFUL RESPONSES

Book: 75 pages. A guide for professionals who are working with youth who have disabilities and are involved in the juvenile justice system. Includes information about working with teens who have the following disorders: ADHD, depression, bipolar disorder, learning disabilities, conduct disorder and developmental disabilities. Also includes information about IDEA and the IEP process.

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#### UNLOCKING DOORS: A GUIDE TO EFFECTIVE COMMUNICATION

Book: 53 pages. Book for parents which focuses on using communication skills and assertive behavior to deal more effectively and comfortably with disagreements with teachers and school officials about educational placement and services. Describes the difference between assertive, non-assertive and aggressive responses and provides many examples of effective, assertive communication.

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#### UTILIZING COMMUNITY RESOURCES: AN OVERVIEW OF HUMAN SERVICES

Book: 353 pages. Provides an overview and brief history of federally-funded government programs (such as Medicaid and SSI) as well as local community organizations (rape crisis centers, self-help groups, community mental health centers, etc). Also includes information about Vocational Rehabilitation, supported employment, Legal Aid, Family Planning centers, Centers for Independent Living and other services for people with special needs.

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## VICTORIES: GREAT AND SMALL ( A VIDEO CELEBRATING THE SUCCESS OF THE TAMMY LYNN CENTER)

Video: 15 minutes. Examines various developmental disabilities across the life span and highlights the services offered by the Tammy Lynn Center in Raleigh.

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## VIEWS FROM OUR SHOES: GROWING UP WITH A BROTHER OR SISTER WITH SPECIAL NEEDS

Children's book: 113 pages. Written for brothers and sisters who aren't able to attend sibshops. Includes essays written by kids ages 4-18 who are the siblings of children with a variety of special needs including autism, cerebral palsy, ADHD and Down Syndrome.

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## VIOLENCE AND TEEN PREGNANCY

Book: 64 pages. A resource guide which provides information for professionals about how to recognize signs of abuse and strategies for preventing abuse. This guide is directed towards professionals (maternal and child health workers, health care providers, youth workers, domestic violence practitioners etc.) who work with adolescents. Describes various programs and strategies which help pregnant adolescents who are being abused.

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## VOICES OF FRIENDSHIP

Video: 10 minutes. Discusses the struggles teenagers with disabilities have in developing meaningful relationships with peers. Jocelyn Curtin, a high school student with disabilities, and her friends demonstrate in words and experiences how to support one another and achieve real friendships.

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## VOLVER A VIVIR (RETURN TO LIFE)

Book: 76 pages. In Spanish and English. Photographs and text tell the stories of 6 people with spinal cord injuries who work together toward independent living. They are members of Project PROJIMO, a rehab program run by people with disabilities in the mountains of western Mexico. Description in Spanish: Las fotografías y el texto describen las historias de 6 personas quien haya sufrido una herida a la medula espinal y ahora trabajan juntos para vivir con autosuficiencia y independencia. Están miembros en El Proyecto PROJIMO, un centro de rehabilitación, manejado de gente con discapacidades en las montañas del oeste de México.

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## WALK WITH ME

Book: 50 pages. Written by a child who has Cerebral Palsy. Told in the child's own words and pictures.

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## WHAT ABOUT ME? WHEN BROTHERS AND SISTERS GET SICK

Children's book: 15 pages. Illustrated children's story about a girl who feels ignored when her brother gets sick and their parents spend most of their time at the hospital with him. Told from the girl's perspective, this book

openly addresses feelings that are common for kids who have a sibling with an illness or special needs. Also available through the Early Intervention Library.

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#### WHAT KIDS NEED TO SUCCEED: PROVEN, PRACTICAL WAYS TO RAISE GOOD KIDS

Book: 234 pages. Talks about what kids in grades 6-12 need based on a survey done by the Search Institute. They identified 40 developmental assets-good things every youth needs in their life, such as support, encouragement, boundaries, social competencies, and positive identity. This book focuses on each asset and gives tips on how to make these positive experiences a part of kids' lives.

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#### WHEN DINOSAURS DIE: A GUIDE TO UNDERSTANDING DEATH

Children's book: 32 pages. Illustrated book that defines death, talks about feelings people have when someone dies, ways to say goodbye to someone who has died and emphasizes that talking about it can help.

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#### WHEN MOMMY GOT HURT: A STORY FOR YOUNG CHILDREN ABOUT DOMESTIC VIOLENCE

Book: 18 pages. Illustrated story to help parents and teachers talk to young children about domestic violence. The story and pictures give preschool children four messages: 1) the violence is not their fault, 2) violence is wrong 3) violence happens in other families, and 4) it is ok to talk about it.

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#### WHEN PREGNANCY ISN'T PERFECT: A LAYPERSON'S GUIDE TO COMPLICATIONS IN PREGNANCY

Book: 348 pages. This book for parents describes most of the complications that can occur during a pregnancy, such as gestational diabetes, placenta previa, preterm labor, toxemia, etc.. Includes a chapter on pregnancy loss, associated feelings, how to cope with grief and sources of support. The last chapter is for fathers and gives suggestions for coping with the stress and feelings evoked by a complicated pregnancy.

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#### WHEN SNOW TURNS TO RAIN: ONE FAMILY'S STRUGGLE TO SOLVE THE RIDDLE OF AUTISM

Book: 216 pages. A father's moving account of his family's experience with their son's autism (from birth through age 8). It describes the family's exploration of many alternative schools, programs and treatment options. An honest account of the complex challenges of this disability and how it affected one family.

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#### WHEN THERE'S NO PLACE LIKE HOME: OPTIONS FOR CHILDREN LIVING APART FROM THEIR NATURAL FAMILIES

Book: 355 pages. This book is a compilation of academic articles addressing legal issues and the role of the court system in determining child placement. Discusses different options for foster children, including residential treatment for kids with mental retardation, long-term foster care and adoption.

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#### WHEN YOUR CHILD GOES TO SCHOOL AFTER AN INJURY

Book: 64 pages. A guide to help families of a seriously injured child prepare for returning to school. Talks about expectations and reactions, special education, educational planning, preparation and communication between family and school, traumatic brain injury, and laws that protect children with disabilities.

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#### WHO'S GONNA MAKE ME? EFFECTIVE STRATEGIES FOR DEALING WITH THE STRONG-WILLED CHILD

Video: 40 minutes. Also includes 16-page study guide. Introduces strategies for parenting or teaching the strong-willed child. Helps parents gain insight about how the mind of a strong-willed child works, recognize why a child may choose not to obey, learn to share control without compromising parental authority and discover positive ways to approach and motivate kids.

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#### WHY WON'T MY CHILD PAY ATTENTION?

Video: 76 minutes. Suggestions for parents about how to manage behaviors associated with ADHD through education and understanding rather than punishment.

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#### WITH LOVING ARMS

Video: 18 minutes. Shows three families who have foster children who are HIV+. The video can be used as an educational tool to show families and professionals what it is like to care for a child who is HIV+. It can also be used to recruit parents to become foster parents to HIV+ children. There is a 25-page discussion guide which goes with the video.

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#### WITHOUT PITY: A FILM ABOUT ABILITIES

Video: 50 minutes. HBO documentary which celebrates the efforts of people with disabilities to live full, productive lives. Introduces the viewer to several people with disabilities and shows how they are leading successful lives.

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#### WORDS OF ADVICE: A GUIDEBOOK FOR FAMILIES SERVING AS ADVISORS

Book: 82 pages. This book is for parents interested in becoming advisors to other families of kids with special needs. Explains different types of advisory roles (serving on advisory boards, providing training, testifying to legislators, etc) and how to develop skills needed to serve in these roles. Offers guidance for thinking through the benefits and demands of advisory roles and presents practical tips for dealing with the common challenges that families encounter in these new roles.

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#### WORKING WITH PRIDE: A VIDEO ABOUT THE REHABILITATION ACT

Video: 17 minutes. Tells the story of two people with disabilities, a high school student transitioning into the Vocational Rehabilitation system and an adult with a disability who is searching for employment. Explains legal protections available to help people with disabilities as they enter the workforce.

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#### WORTH THE TRIP: RAISING AND TEACHING CHILDREN WITH FETAL ALCOHOL SYNDROME

Video: 90 minutes. Explores issues that families and care providers for children with FAS have to face. Addresses characteristics and traits of children with FAS and strategies to use in the classroom. Topics include speech and language development, sensory sensitivity, activity levels, transition between activities and behavioral concerns.

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#### YES YOU CAN: A KIT FOR TEENS

Book: 147 pages. Focuses on teenagers with spina bifida. Written in an easygoing, reader-friendly style. Topics include personal hygiene, skin care, self-esteem, sexuality, careers, and independent living.

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#### YES! SHE KNOWS SHE'S HERE

Book: 153 pages. This book is the biography of Catherine, a 36-year-old woman with severe disabilities caused by extensive brain damage. Catherine's success story is told from her mother's perspective.

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#### YOU CAN BE A BETTER PARENT IN 30 MINUTES: A SURVIVAL KIT FOR PARENTS OF THE 90'S

Video: 30 minutes. Focuses on basic parenting skills and suggests techniques for dealing with common behavior problems.

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#### YOUR CHILD'S MEDICAL JOURNAL: KEEPING TRACK OF YOUR CHILD'S PERSONAL HEALTH HISTORY FROM CONCEPTION THROUGH ADULTHOOD

Book: 159 pages. Workbook that helps parents record their child's medical history. Provides forms for parents to keep track of medical information for their children from birth and up.

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#### ZACHARY'S NEW HOME

Children's book: 29 pages. Illustrated children's book (for ages 3-8) about a kitten who has to leave his parents and go live with a foster family because he is being abused by his mother. Addresses feelings foster children often experience, such as anger, loneliness, sadness and fear.

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In addition to the items listed above, the Outreach Library has other books and videos that can help you parent a child with special needs. Please contact the Central Directory of Resources at 1-800-852-0042 or [cdr@med.unc.edu](mailto:cdr@med.unc.edu) for assistance.

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