

Children's Health Collection
Understanding through Books - Book List for Children
↪ **Nonfiction and Bibliotherapy Fiction** ↪

AIDS

J 616.9792 Bardhan-Quallen

AIDS

This book discusses the cause, spread, and treatments of AIDS.

Alcoholism

J 362.292 Levete

Alcohol

Explains what alcohol is, what it does to the body, and how it makes people behave. Identifies the risks of drinking alcohol, and offers advice on how to say no to drinking and what to do when alcohol becomes a problem.

**PEC E Tabor,
Bottles Break**

A child describes how it feels when his mother drinks. Includes sources of help for children whose parents are alcoholics.

Alzheimer's Disease

J 616.831 Brill

Alzheimer's Disease

This book discusses the characteristics, symptoms, possible causes, and history of Alzheimer's disease.

PEC J Scacco

Always My Grandpa: A Story for Children about Alzheimer's Disease

During a summer at his grandfather's house, young Daniel, with his mother's help, begins to understand Alzheimer's disease and how it affects not only Grandpa but the entire family as well.

E Shriver

What's Happening to Grandpa?

Kate has always adored her grandpa's storytelling, but lately he's been repeating the same stories again and again. One day he even forgets Kate's name. Her mother's patient explanations open Kate's eyes to what so many of the elderly must confront: Alzheimer's disease and other forms of memory loss. With special insight derived from her own father's struggle with Alzheimer's, Maria Shriver offers a touching and optimistic story that encourages awareness, acceptance, and dialogue among family and friends.

Antibiotics

E Cowan

The Little Elephant with the Big Earache

After a busy afternoon making mud castles with his cousins, little Eddie awakens with a terrible earache. His mother takes care of him during the night, and Dr. Hippo reassures them both the next day. This book contains a parent information booklet and promotes a careful antibiotic use message endorsed by the American Academy of Pediatrics.

Arthritis

J 616.7227 Gray

Living with Juvenile Rheumatoid Arthritis

This book addresses the following questions: What is JRA? What causes JRA? What's it like to live with JRA? What can we do about JRA? Will we ever cure JRA?

Asthma

J 616.238 Bjorklund

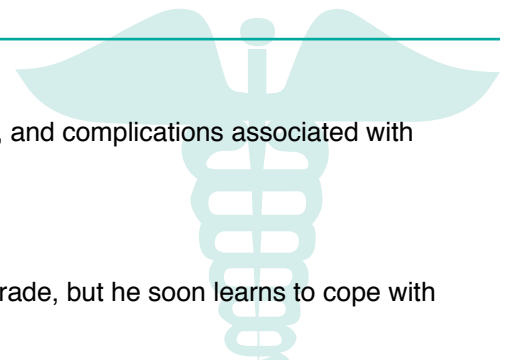
Asthma

With colorful photos included, this book explains the causes, physiology, treatments, and complications associated with this disease.

J Hurwitz

Mostly Monty

Because he suffers from asthma, six-year-old Monty is nervous about starting first grade, but he soon learns to cope with his illness and use his special talents to make friends.



Attention Deficit Disorder

PEC J Kraus

Annie's Plan: Taking Charge of Schoolwork and Homework

With the help of her teacher and parents, Annie learns how to organize her desk, pay attention in class, and prepare her homework assignments.

PEC J 618.928589 Taylor

The Survival Guide for Kids with ADD or ADHD

This book provides information and advice for kids who have ADD or ADHD. It explains what these disorders are and ways to make things better at home, at school, and with friends. Also discussed are taking medicine, eating healthy foods, and more.

Autism/Asperger Syndrome

PEC J 616.85882 Edwards

Taking Autism to School

Illustrations and simple text help teach children what autism is and how they can help autistic students in their classes or community.

J 616.85882 Lennard-Brown

Autism

This book presents theories about the causes of autism and strategies for dealing with the effects.

PEC J 616.8588 Niekerk

Understanding Sam and Asperger Syndrome

This book tells the story of a boy with Asperger syndrome, a form of autism, and aims to help youngsters understand the special needs of those with this condition.

Bipolar Disorder

PEC J Anglada

Brandon and the Bipolar Bear

A teddy bear helps Brandon cope with his bipolar disorder.

PEC E Campbell

Sometimes My Mommy Gets Angry

A little girl deals with her mother's mental illness with the help of her grandmother and friends. This book provides children with an introduction to the concept of mental illness-bipolar disorder in particular.

Breast Feeding

E Ross

Mama's Milk

Illustrations and rhyming text portray baby mammals nursing. This book will be helpful to parents who want to share the joy and naturalness of breastfeeding with their children.

Cancer

J 616.994 Gillie

Cancer

Provides an overview of cancer, describing what it is, what the various forms are that it takes, what it is like to live with this disease, and some of the available treatments.

PEC E Tinkham

Hair for Mama

When Marcus's mother has chemotherapy for her cancer and loses her hair, he tries to find new hair for her to make her well again.

PEC J 616.944 Ackermann

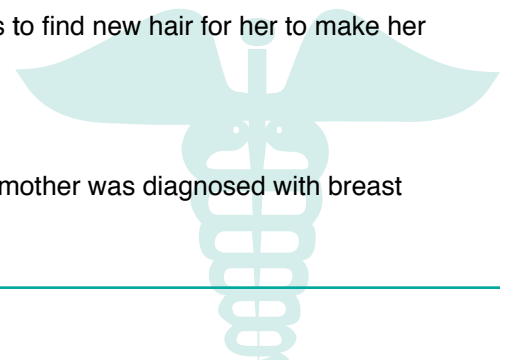
Our Mom Has Cancer

Two sisters, ages eleven and thirteen, describe what it was like for them when their mother was diagnosed with breast cancer and underwent surgery and chemotherapy.

Cardiovascular Disease

J 616.12 Haney

Heart Disease



Discusses heart disease, including what it is like to have the disease, the history and research, and how people live with it.

J 612.1 Parker

Heart, Blood, and Lungs

This book traces the route that blood takes through the heart to the lungs and tissues, and back. It describes how the heart and lungs fine-tune their actions to supply the power and oxygen needed in any situation. Diseases are discussed in “Health Watch” sidebars.

Constipation

PEC J 618.92 Bennett

It Hurts When I Poop!: A Story for Children Who Are Scared to Use the Potty

This book presents a fictional story and a positive program to help young children gain the confidence they need to overcome this common problem and establish healthy elimination habits.

Diabetes

J 616.462 Haney

Juvenile Diabetes

Without becoming overly technical, the author explains the causes, physiology, treatments, and complications associated with this disease.

J 616.462 Powell

Becky Has Diabetes

Becky describes how she, her family, and her friends cope with her diabetes.

Drug Addiction

J 362.29 Levete

Drugs

This book presents information on drugs and drug addiction in a question-and-answer format. The topics discussed include drugs from doctors, illegal drugs, the health risks of drugs, reasons people take drugs, and peer pressure.

PEC 362.2913 Moe

Understanding Addiction and Recovery through a Child’s Eyes: Hope, Help, and Healing for Families

Written by the vice president and national director of Children’s Programs at the Betty Ford Center, this book relates how children find ways to cope despite drug addiction within their families.

Eating Disorders

J 613.25 Zahensky

Diet Fads

This book presents students with sensitive, straight talk about dieting and eating disorders in clear, concise text.

PEC J 616.8526 Zeckhausen

Full Mouse, Empty Mouse: A Tale of Food and Feelings

This book models healthy ways to satisfy hunger and express emotions in its tale of two mice and their differing responses to anxiety.

Epilepsy

PEC E Lears

Becky the Brave: A Story about Epilepsy

Nothing seems to scare Sarah’s big sister Becky, until having an epileptic seizure makes her reluctant to return to school, and so Sarah summons her own courage to explain the disease to the other students.

Germs

E Cowan

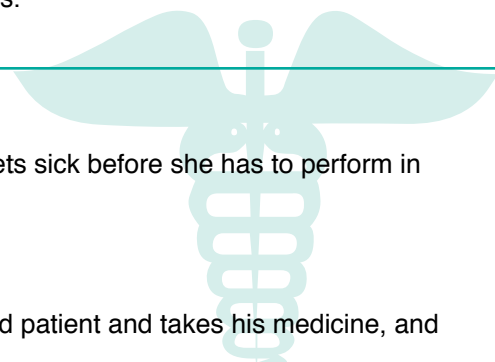
Katie Caught a Cold

This book teaches young readers about colds through a story in which Katie Bear gets sick before she has to perform in an ice skating show. Includes parent’s guide on the common cold.

E Cowan

Peeper Has a Fever

Peeper is dismayed when a fever keeps him from attending a picnic, but he is a good patient and takes his medicine, and it is not long before he is feeling fine.



E Cowan

Sadie's Sore Throat

Sadie is scared to go to the doctor when a sore throat and tummy ache make her sick right before the fair, but Dr. Hippocrates makes her feel all better. Includes a pamphlet for parents with tips for taking care of children with sore throats.

J 616.9041 Mitchell

Killing Germs

This easy-to-read book tells young readers where germs come from and what can be done to stop germs from making you sick.

J 616.01 Romanek

Achoo!: The Most Interesting Book You'll Ever Read about Germs

Readers can probe the secrets of illness and sniff out what germs are, why they sometimes make us sick, how our bodies battle them, and how vaccines protect us against them.

Hospital Stay

E Bourgeois

Franklin Goes to the Hospital

Franklin's shell has cracked, and he needs to be a brave turtle when it's time to go to the hospital.

J 362.11 Bennett

Harry Goes to the Hospital: A Story for Children about What It's Like to Be in the Hospital

Harry is frightened when he has to go to the hospital. With the help of his mother, his stuffed friend Barney, and the friendly hospital staff, Harry is soon feeling much better.

Leukemia

J 616.99419 Moehn

Everything You Need to Know When Someone You Know Has Leukemia

Discusses the causes, diagnosis, and treatment of leukemia and explains how to provide physical and emotional support for its victims.

Multiple Sclerosis

J 616.834 Burnfield

Multiple Sclerosis

This book describes the different types of MS, their symptoms, why this disease can be difficult to diagnose, various types of treatment, and other issues related to multiple sclerosis.

Obsessive Compulsive Disorder

PEC E Niner

Mr. Worry: A Story about OCD

Eight-year-old Kevin is frustrated by his need to check things and repeat actions over and over until a counselor diagnoses obsessive-compulsive disorder (OCD) and teaches him ways to manage this condition. Included is a note for parents and teachers explaining OCD.

Parkinson's Disease

PEC J 616.833 Ali

I'll Hold Your Hand so You Won't Fall: A Child's Guide to Parkinson's Disease

The daughter of Muhammad Ali answers questions children may have about Parkinson's disease.

J 616.833 Silverstein

Parkinson's Disease

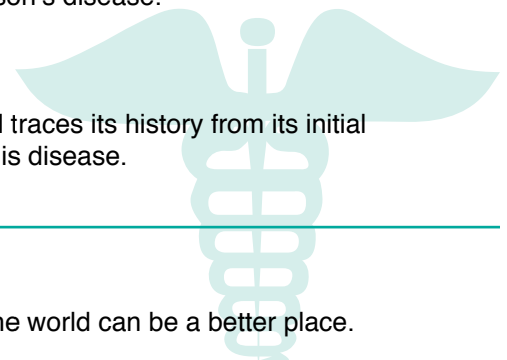
This book explains the terms and concepts associated with Parkinson's disease and traces its history from its initial diagnosis to today. It explores the causes, symptoms, diagnosis, and treatment of this disease.

Post-Traumatic Stress Disorder

J 973.931 Patel

On That Day: A Book of Hope for Children

This book tells children that although terrible things happen, there is still hope that the world can be a better place.



J 616.8521 Rosen

Understanding Post-Traumatic Stress Disorder

This book covers the many causes of Post-Traumatic Stress Disorder; the difference among anxiety disorders, phobias, and PTSD; ways to cope with it; and different methods of treatment.

Sickle Cell Anemia

J 616.1527 Baldwin

Sickle Cell Disease

This book examines sickle-cell disease and the ways in which people are affected by it. Also discussed are current treatments for the disease.

Sleep Disorders

E Lewis

No More Yawning!

Florence and her toy monkey Arnold try to fall asleep but Florence's big yawns keep them awake. Includes tips for falling asleep.

E Moon

Tick-Tock, Drip-Drop: A Bedtime Story

When Rabbit has trouble falling asleep because of various noises, Mole tries to help.

PEC J 618.928498 Huebner

What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep

This is a guide for children who have difficulties falling asleep at night and provides solutions to overcoming various nighttime fears, such as nighttime noises, monsters, and scary dreams.

Spinal Cord Injury

J 612.8 Parker

Spinal Cord and Nerves: Illness, Injury, and Health

This book explores how the spinal cord and nerves help our bodies function with information on their structure, different injuries that can affect them, and ways to keep them healthy.

Sports Injuries

J 617.1027 Lennard-Brown

Sports Injuries

Including a glossary, this book describes the different types of sports injuries, causes, and treatments.

Stress/Worry Management

E Browne

Silly Billy

To help with his anxiety, Billy uses the worry dolls his grandmother recommends, but he finds that they do not quite solve his problem.

J 152.46 Crist

What to Do When You're Scared & Worried: A Guide for Kids

The physiological, psychological, and social aspects of fears and anxiety are clearly explained. Tools, such as journaling, are thoroughly described so that readers may immediately put into practice the ideas offered in the book.

Stroke

PEC J 616.81 Butler

My Grandpa Had a Stroke

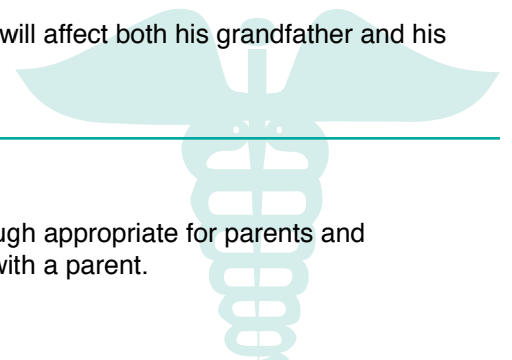
With his parents' help, young Ryan learns about his grandfather's stroke and how it will affect both his grandfather and his family.

Urinary Incontinence/Bedwetting

PEC 618.9284 Bennett

Waking Up Dry: A Guide to Help Children Overcome Bedwetting

This is a self-help guide designed to assist children in conquering bedwetting. Although appropriate for parents and caregivers, the conversations and activities are meant for children to read alone or with a parent.



E Boelts

Dry Days, Wet Nights

Little Bear wants to stop wetting his bed at night, and his mother patiently helps him realize that that will happen when the time is right.

E Willis, Do Little Mermaids Wet Their Beds?

Cecelia meets a mermaid who assures her that her bedwetting problem will soon be solved.

