

# Recommended Reading for New Parents

Library resources are available for borrowing by members of the DSAQ (membership form enclosed). Borrowing period is for one (1) month. Up to four items can be borrowed at a time. Items can be collected from the office or posted out free of charge. Return of the items is the responsibility of the members, either by post or in person.

## **DOWN SYNDROME – THE FACTS**

by **Mark Selikowitz**

An easy to read book, written by an Australian, covering many general topics relating to Down syndrome. Answers most questions that new parents are likely to ask.

## **BABIES WITH DOWN SYNDROME**

Ed. **Karen Stray-Gunderson**

This book is aimed at the early years of raising a child with Down syndrome. The editor has compiled chapters written by many different authors, ranging from parents to doctors to educators.

## **BREASTFEEDING BABIES WITH DOWN SYNDROME**

by **ABA**

A booklet with many useful hints and anecdotes from mothers themselves.

## **VIDEO - UNDERSTANDING DOWN SYNDROME**

by **DSAV**

Describes Down syndrome and introduces individuals of all ages who have Down syndrome. Parents share memories of their children from birth and throughout life. A positive and encouraging video.

## **MEDICAL & SURGICAL CARE FOR CHILDREN WITH DS**

by **VanDyke**

A complete and easy to understand overview of specific medical conditions that are more common among children with Down syndrome.

## **FACING THE CROWD**

by **D. Fullwood & P. Cronin**

Discusses common experiences among families of children with disabilities – the insensitivities of relatives, friends and strangers. Offers practical advice and strategies for dealing with awkward situations.

## **ACTIVITIES FOR BABIES AND TODDLERS**

by **S Price & R Kelso**

A practical and well-illustrated manual of early physiotherapy activities for babies with Down syndrome.

## **DIFFERENCES IN COMMON**

by **Marilyn Trainer**

The author brings a fresh candid outlook to the challenges, hopes and fears involved with raising a child with Down syndrome. This book brings together a collection of essays by Marilyn Trainer about life with her son.

## **UNCOMMON FATHERS**

by **Ed. D. Meyer**

A compelling collection of essays by fathers who were asked to reflect on the experience of having a child with a disability.

## **COUNT US IN**

by **J Kingsley, M Levitz**

Two young men with Down syndrome talk about their lives and growing up.

## **EXPECTING ADAM**

by **Martha Beck**

This is a moving story about the extraordinary experiences of a couple whose child is born with Down syndrome. A true story about re-defining values and changing beliefs.

## **OUR BROTHER HAS DOWN SYNDROME**

by **S. Cairo**

A great book for siblings. Delightful photographs and a simple text introduce children in a positive way to a child with Down syndrome.

## **VERONICA'S FIRST YEAR**

by **J. Rheingrover**

A picture book about a little boy and his new baby sister who has Down syndrome. Told in a simple and straightforward way with accompanying drawings, this book would be useful for younger siblings.

## **WE'LL PAINT THE OCTOPUS RED**

by **S. Stuve-Bodeen**

Emma has big dreams for the new baby. Then she learns that her brother has Down syndrome...

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