BOOKS – FOR PARENTS

• Children and Trauma: A Guide For Parents and Professionals. Cynthia Monahon, Jossey-Bass Publishers; San Francisco; 1997

• Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child’s Fears, Worries and Phobias. Tamar Chansky, Broadway Books; New York; 2004


BOOKS – FOR CHILDREN AND TEENS


• When I Feel Scared. (for young children) Cornelia Maude Spelman, Albert Whitman & Co.; Morton Grove; 2002

• What About Me? When Brothers and Sisters Get Sick Allan Peterkin, Magination Press; Washington D.C., 1992

WEB RESOURCES – COPING WITH ILLNESS / INJURY

• After the Injury: Helping Parents Help Their Kids Recover http://www.aftertheinjury.org
  Information, videos, and tools to help parents understand children's reactions to serious injury and promote recovery. Allows parents to rate their child's reactions and create a care plan for their child.

• Band-aids and Blackboards http://www.lehman.cuny.edu/faculty/jfleitas/bandaides
  Information by and for children and teens living with long-term or chronic medical illnesses, with a special section for parents.

• Pediatric Brain Tumor Foundation – Information for Families http://www.pbtfus.org/families/parents
  Provides information for parents, siblings, and survivors about the medical, emotional, and social aspects of helping your child cope with a brain tumor.

• Phoenix Society for Burn Survivors – Resources for Children and Families http://www.phoenix-society.org/resources/familyresources
  Provides information, support, and resources to children, adolescents, and families who have been impacted by a burn injury.

see p. 2 for more web resources
WEB RESOURCES FOR PARENTS AND KIDS: Health and Medical Topics

WEB RESOURCES – GENERAL HEALTH AND MEDICAL

• American Academy of Pediatrics - Children, Teens, and Resiliency web resources
  http://www.aap.org/stress
  Information to help teens and families cope with the pressures of day-to-day life.

• Child / Teen Health Information from the NIH
  http://health.nih.gov/category/ChildTeenHealth
  Glossary of health information from the United States National Institutes of Health.

• National Association of School Psychologists – Sleep Disorders for Children and Teens
  http://www.nasponline.org/resources/health_wellness/sleepdisorders_ho.aspx
  Information for parents and educators on sleep and sleep disorders for children and teens.

• National Child Traumatic Stress Network
  http://www.nctsn.org
  Information and resources for parents and children who have experienced a trauma, including: abuse, community or school violence, natural disasters, war, terrorism, illness or injury, or the loss of a loved one.

• Pain, Pain, Go Away
  http://painsourcebook.ca/docs/pps80.html
  Information on helping children with pain from a leading pediatric pain research group.

• PBS Parents Guide to Talking With Kids About Health
  http://www.pbs.org/parents/talkingwithkids/health/communicating_intro.html
  Tips on communicating with kids about injury, illness, medicine, and going to the doctor.

• Worry Wise Kids
  http://www.worrywisekids.org
  Information to help children with excessive worries or fears.

KID-FRIENDLY WEB SITES

• About Kid’s Health – Just for Kids
  http://www.aboutkidshealth.ca/JustForKids/default.aspx
  Age-appropriate information and animations for kids on many different health topics.

• Band-aids and Blackboards
  http://www.lehman.cuny.edu/faculty/jfleitas/bandaides
  Information by and for children and teens living with long-term or chronic medical illnesses.

• Experience Journal Project – Children’s Hospital Boston
  http://www.experiencjournal.com
  Stories, pictures, and personal experiences by and for kids about coping with medical and emotional illnesses.

• Kids Health Galaxy – The Children’s Hospital of Philadelphia
  www.chop.edu/kidshealthgalaxy
  Animation, games, and activities to orient kids to the hospital and common medical procedures.

• National Sleep Foundation (Kids)
  http://www.sleepforkids.org
  Child friendly website about sleep.