



Dún Laoghaire-Rathdown
County Council Comhairle Contae
Dhún Laoghaire-Ráth an Dúin



Saint John of God *Hospitaller* Ministries

Resources & Websites

Intellectual Disability: Identity, Friendships, Relationships & Sexuality

Books available at

Dún Laoghaire-Rathdown County Council Libraries

Compiled by

RUA, Callan Institute, Saint John of God *Hospitaller* Ministries

June 2014

Hospitality

Care - Compassion - Dignity - Excellence - Justice – Respect- Trust

General



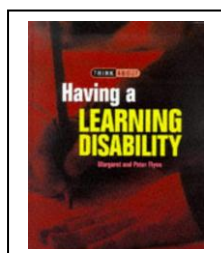
Fun With Messy Play

Ideas and Activities for Children With Special Needs

(2008) Tracey Beckerleg. Jessica Kingsley Publishers. UK.

ISBN-10: 1843106418 **ISBN-13:** 978-1843106418

Funny smells, sticky hands and squishy textures are all part of the way in which children develop sensory awareness. Fun with Messy Play is an exciting activity book that heightens the sensory perception of children with special needs through the imaginative use of everyday 'messy' materials like baked beans, condensed milk, jelly or glue. The activities in this book are fun for children and help to improve their co-ordination, communicative and cognitive abilities, as well as their self-esteem and social skills. Each exercise focuses the child on a movement or sensation that they will later be able to apply to everyday life. By allowing children to explore their senses while having fun, messy play provides a relaxing therapy that encourages sensory responsiveness without placing stressful expectations on the child. This is an easy-to-use, practical resource for parents and professionals. It includes ideas and examples from practitioners along with helpful suggestions for different types of equipment that can be used.



Having a Learning Disability

(1998) Margaret Flynn, Peter Flynn. Belitha Press Ltd

ISBN-10: 1855618079 **ISBN-13:** 978-1855618077

Try to imagine what life would be like if you had a learning disability. Where would you go to school? Would you be able to play with your friends? You might be surprised to find out just how much people with learning difficulties can do when they are given the chance. In this book Margaret Flynn, one of the authors, and her brother Peter who has a learning difficulty explain what learning disabilities are and the ways they affect people's lives. Find out about many adults and children with learning disabilities and learn about the different kinds of help that allow them to lead valuable and independent lives.

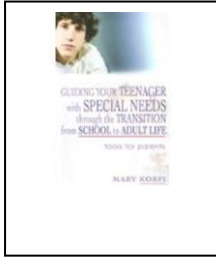


Ron's Feeling Blue

Books Beyond Words

(2013) Sheila Hollins. Roger Banks. Jenny Curran. Books Beyond Words

This book shows what happens to Ron when he loses interest in doing things because he is depressed. It also shows how he is helped to feel better. Like many other people he is offered counselling. An alternative storyline shows him taking antidepressant medication. Lots of people's stories will fit this book. It will help if you or someone you know gets depressed. Ron's Feeling Blue is one of the Books Beyond Words series of books that tell stories in pictures to help people with intellectual disabilities (sometimes called learning disabilities) and communication difficulties to explore and understand their own experiences.



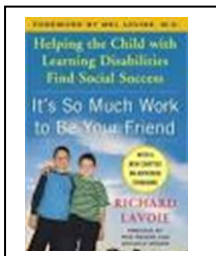
Guiding Your Teenager with Special Needs Through the Transition from School to Adult Life

Tools for Parents

(2007) Mary Korpi. Jessica Kingsley Pub

ISBN-10: 1843108747 **ISBN-13:** 978-1843108740

When teenagers with special needs transition from school to adult life, both they and their families are faced with many new decisions and challenges. This book provides advice and information to help families prepare for that transition, and make it happen as smoothly and seamlessly as possible. Mary Korpi recognizes the impact of this changeover period and emphasises the need for young adults to be included in all decisions and discussions about their future, thereby developing self-advocacy skills. The first part of the book explains how families can adapt everyday routines to develop the young adult's essential life skills. The second part provides information on programs and support services, and stresses the importance of devising an effective transition plan to help teenagers explore avenues suited to their personal goals and abilities. This is invaluable reading for families of teenagers with disabilities who are preparing to move on from school life.



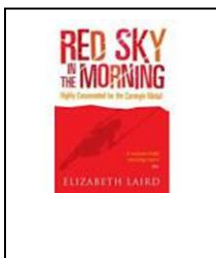
It's So Much Work to Be Your Friend

Helping the Child with Learning Disabilities Find Social Success

(2006) Richard Lavoie. Touchstone

ISBN-10: 0743254651 **ISBN-13:** 978-0743254656

As any parent, teacher, coach, or caregiver of a learning disabled child knows, every learning disability has a social component. The ADD child constantly interrupts and doesn't follow directions. The child with visual-spatial issues loses his belongings. The child with a nonverbal communication disorder fails to gesture when she talks. These children are socially out of step with their peers, and often they are ridiculed or ostracized for their differences. A successful social life is immeasurably important to a child's happiness, health, and development, but until now, no book has provided practical, expert advice on helping learning disabled children achieve social success. It's So Much Work to Be Your Friend answers the most intense need of parents, teachers, and caregivers of learning disabled children -- or anyone who knows a child who needs a friend.

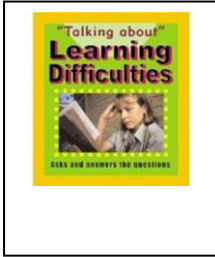


Red Sky in the Morning

(2012) Elizabeth Laird. Haymarket Books

ISBN-10: 160846153X **ISBN-13:** 978-1608461530

Twelve-year-old Anna is looking forward to the birth of her baby brother. Ben arrives, but is disabled. Anna loves him immensely but she finds herself unable to admit the truth about Ben to her friends. Eventually the truth gets out and leads not to the ridicule Anna expected, but sympathy and understanding.

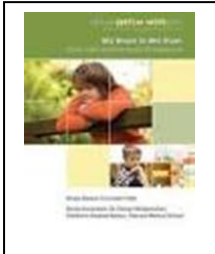


Talking about Learning Difficulties

(2006) Sarah Leveté. Frankling Watts Ltd

ISBN-10: 0749666129 **ISBN-13:** 978-0749666125

The Let's Talk About books help children understand that learning difficulties are natural. How children accept these difficulties, and react and overcome them is one of the life skills they need to develop as they grow up.



My Name is Not Slow

Kids with Intellectual Disabilities

(2010) Zachary & Flath Chastain. Sheila Flath Stewart. Mason Crest Publishers

ISBN-10: 1422217183 **ISBN-13:** 978-1422217184

A book about kids with special needs.



Activities for Adults with Learning Disabilities

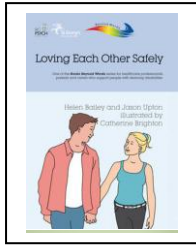
Having Fun, Meeting Needs

(2009) Helen Sonnet. Jessica Kingsley Publishers Ltd

ISBN-10: 1843109751 **ISBN-13:** 978-1843109754

This valuable resource for people working with adults with learning disabilities provides over 60 sessions of fun and engaging activities that aim to entertain and stimulate the minds of people with learning disabilities. The sessions are divided into different types of activity including cookery, arts and crafts, drama and dance, and outside events. A comprehensive collection of varied and enjoyable activities, this practical book also contains useful tips to ensure that sessions run smoothly. All the activities are tried and tested by experienced practitioners and include a key advising the level of help required, wheelchair user suitability and any related health and safety issues involved. Ideal for use in social clubs or residential homes, this is an essential resource for professionals and volunteers working with adults with learning disabilities.

General - Sexuality



Loving Each Other Safely

Books Beyond Words

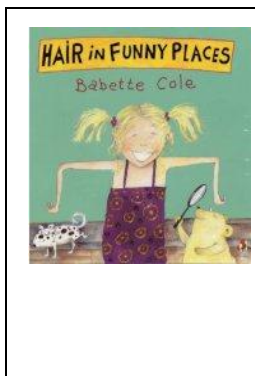
(2011) Helen Bailey, Jason Upton. RCPsych Publications. UK.

ISBN-10: 1908020296 **ISBN-13:** 978-1908020291

In the Books Beyond Words series the story is told through pictures only. They are for adults with intellectual disabilities, but are useful for anyone with communication difficulties. This book helps explain what you need to do to stay healthy and safe in a loving sexual relationship. Ed is jealous of all the couples around him and wishes he had a girlfriend. He fancies Lauren when they meet playing football but initially he doesn't understand how to manage his feelings. Ed's brother gives him advice and he and Lauren start going out. The book explains about safe sex and covers visiting a sexual health clinic.

Text at the back of the book includes: guidance for supporters and carers on using the book, a suggested storyline, plus details of other helpful resources and relevant organisations.

Advice is given about: masturbation, starting a relationship; knowing when you are ready for sex and consent; contraception; and sexually transmitted infections (STIs).



Hair in Funny Places

(2001) Babette Cole. Red Fox Publishers

ISBN 13: 9780099266266 **ISBN 10:** 0099266261

This canny little book takes a sideways glance at what happens to the body when it is hit by puberty. Hilarious illustrations of Mr and Mrs Hormone wreaking their revenge on the body, mixing their "Essence of Pube" and making mischief in the unsuspecting bodies of boys and girls as they fight their way towards adulthood will certainly raise a smile. But it is the frankness and simplicity of the text that really bites, encouraging an understanding of one of the most difficult phases in a human being's life...



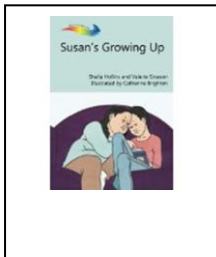
Falling in Love

Books Beyond Words

(1999) Sheila Hollins. Wendy Perez. Adam Abdelnoor. RCPsych Publications

ISBN-10: 1901242323 ISBN-13: 978-1901242324

This is a book about two people who are introduced by friends. Mike and Janet get on well and enjoy doing things together. They decide they want to live together, but initially their families try to discourage them. This love story traces the ups and downs of their relationship, until they are able to make a commitment to each other. Readers can identify with Mike and Janet, and use the book as a starting point to explore their own relationships, and the role of families, friends and carers in supporting them.



Susan's Growing Up

Books Beyond Words

(2013) Sheila Hollins. Valerie Sinason. Books Beyond Words

This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in order to understand the story.

Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. In the playground, other girls giggle and point at the blood stains. Susan doesn't know why they are laughing at her. A teacher notices what is happening and calls Susan aside to explain what menstruation is, and how she should look after herself. Susan's mother provides further reassurance on her return home from school. She shows Susan how to keep herself clean and comfortable. Susan has become a woman, and her mother takes her shopping to celebrate.

Busy Bodies, The Facts, & You Can Talk to Me

Health Services Executive



The three Irish resources, 'Busy Bodies', 'The Facts', and 'You can talk to me' have been developed by the Health Service Executive and Crisis Pregnancy Programme. 'Busy Bodies' is an animated cartoon account of growing up and reproduction. 'The Facts' is very factual and geared for young adults – also useful for parents. 'You can talk to me' is for parents and promotes sex education in the home. They are used in mainstream education RSE by the Department of Education. They are available at no cost from the Health Promotion Unit.

www.healthpromotion.ie



All about us, a DVD-ROM for people with learning difficulties on growing up and personal and sexual relationships

(2011) Family Planning Clinic.

All About Us aims to help the personal development and knowledge of people with learning disabilities around sex, sexuality and relationships.

It provides a self-study learning tool that can be used by someone with learning disabilities on their own, or with support, to introduce key issues. It can complement the delivery of sex and relationships education in the home, school, and other learning environments.

It comes in a case with an easy-to-read booklet.



Talking together... about contraception

Books One and Two

(2010) Lesley Kerr-Edwards. Family Planning Association.

This two-book pack supports young people with learning disabilities who wish to access contraception. Book one contains a guide to the methods of contraception available. Book two has been written for young people and has clear pictures, easy-to-read stories and picture posters. The books are for use by teachers and other professionals working with young people aged 13 and above. Can also be used by parents and carer. Book two is suitable for some young people to use on their own.



Talking Together... About Sex and Relationships

A Practical Resource for Schools and Parents of Children with Learning Disabilities

(2003) Lesley Kerr-Edwards. Lorna Scott. Family Planning Association.

Written mainly for teachers, but also suitable for parents and carers of children with learning disabilities, it uses illustrated stories and activities for use in the classroom to explore a range of situations that young people with learning disabilities face as they grow up. It also has pages which can be given to parents so that home and school can work in partnership. It is for use by Teachers in schools and colleges working with young people aged 13 and over with learning disabilities. It is also suitable for parents and carers of children with learning disabilities.

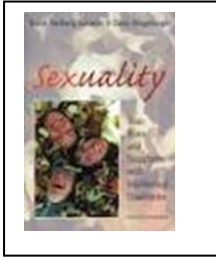


Talking Together... About Growing Up

A Workbook for Parents of Children with Learning Disabilities

(2010) Lesley Kerr-Edwards. Lorna Scott. Family Planning Association.

This book is aimed at children with learning disabilities around the age of puberty and is for use by parents, carers and families of children with learning disabilities, and teachers. It will also help schools working in partnership with parents.

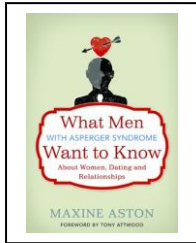


Sexuality: Your Sons and Daughters with Intellectual Disabilities

(2000) Karin Melberg Schwier. Dave Hingsburger. Jessica Kingsley Publishers.

This warm and sympathetic book is designed to help parents build their children's self-esteem (whether their children are prepubescent or already adults) and educate them about sexuality and safety. It explains what to teach, when to teach and how to teach. It addresses issues such as self-acceptance, values, parallel talk, privacy, appropriate behaviour, abuse, physical and emotional development in the teen years, relationships, marriage and parenting. The authors introduce "guides" - individuals with disabilities and their parents - whose experiences serve as examples throughout the book. These guides, as well as the authors' anecdotes and conversational tone, make information that is often presented awkwardly (or not at all) easily accessible to parents. The information and the stories that show how much is possible for young people, regardless of their disabilities, will help parents to accept their children's sexual development and to interact with their children in ways that will allow them to develop into confident, aware adults. The authors also include answers to frequently asked questions and sections for parents to reflect and plan how to broach different issues with their children.

Asperger's Syndrome

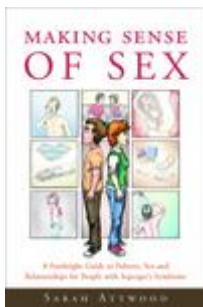


What Men with Asperger Syndrome Want to Know about Women, Dating and Relationships

(2012) Maxine Aston. Jessica Kingsley Publishers. UK.

ISBN-10: 1849052697 **ISBN-13:** 978-1849052696

Positive, practical and realistic, this book offers everything men with Asperger Syndrome (AS) need to know about women and relationships. Many AS men are totally confused and bewildered by women, dating and relationships and find it hard to know what to do, what to say and how to get it right. For these men, understanding the emotional side to relationships and women's needs can be a complete mystery and they often get it disastrously wrong. This practical handbook provides all the answers to Asperger men's frequently asked questions about women, dating and relationships, helping them to better understand the way relationships work and increasing their confidence and ability to have successful relationships. This comprehensive handbook is essential reading for men with Asperger Syndrome (and their partners). It will also be of considerable use to counsellors and other professionals working with such individuals.



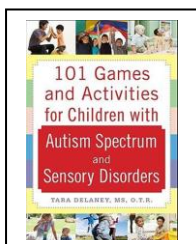
Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome.

Sarah Attwood

London: Jessica Kingsley Publishers.

ISBN -10: 9781843101895

This book is ideal for those who need clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity. "Making Sense of Sex" is a thorough guide written in unambiguous language with helpful diagrams, explanations and practical advice for young people approaching puberty and beyond.



101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders

(1988) Tara Delaney. McGraw-Hill. UK.

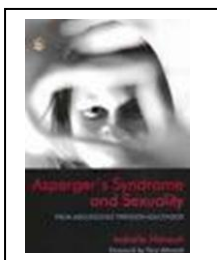
ISBN-10: 0071623361 **ISBN-13:** 978-0071623360

One of the best ways for children with autism, Asperger's, and sensory processing disorders to learn is through play. Children improve their motor skills, language skills, and social skills by moving their bodies and interacting with their environment. Yet the biggest challenges parents, teachers, and loved ones face with children on the autism spectrum or with sensory processing disorders is how to successfully engage them in play.

Paediatric occupational therapist Tara Delaney provides the answer. In 101 Games and Activities for Children with Autism, Asperger's, and Sensory Processing Disorders, she shows you how to teach your children by moving their bodies through play. These interactive games are quick to learn but will provide hours of fun and learning for your child. And many of the games can be played indoors or outdoors, so your child can enjoy them at home, outside, or on field trips.

More than one hundred games that help your child:

- make eye-contact, stay focused, and strengthen his or her motor skills
- associate words with objects and improve language and numerical skills
- learn how to interact with others, how to take turns, and other social skills needed for attending preschool and school



Asperger's Syndrome And Sexuality: From Adolescence Through Adulthood

(2005) Isabelle Henault. Jessica Kingsley Pub

ISBN-10: 1843101890 **ISBN-13:** 978-1843101895

Playing the dating game is often tricky: all the more so for individuals with Asperger's Syndrome. How do AS adolescents and their families cope with sexual feelings and behaviour? What help can be given if a man with AS oversteps the mark in expressing his sexuality? How do people with AS deal with intimacy and communication in sexual relationships? In this comprehensive and unique guide, Isabelle Henault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counsellors and individuals with AS themselves.

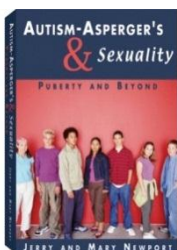


All Cats have Asperger Syndrome

(2006) Kathy Hoopmann. Jessica Kingsley Pub

ISBN-10: 1843104814 **ISBN-13:** 978-1843104810

All Cats Have Asperger Syndrome takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked and particular eating habits. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality and potential of people with AS. This engaging book is an ideal, gentle introduction to the world of AS.



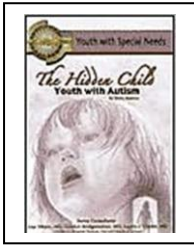
Autism – Aspergers & Sexuality

(2002) Jerry and Mary Newport. Jessica Kingsley.

ISBN 978 1885477880

Many people on the spectrum never get "the talk" from their parents, and suffer from "information deficit." This book goes a long way toward filling in the gaps in their knowledge. It takes a candid look at aspects of sex and relationships as they apply to people on the autism spectrum. Written by two adults diagnosed with Asperger's Syndrome, this groundbreaking, personal look at the sexual challenges of those diagnosed with autism or Asperger's includes advice on dating, sex, birth control, disease prevention, abuse, and personal responsibility.

Autism



The Hidden Child

Youth With Autism (Youth With Special Needs)

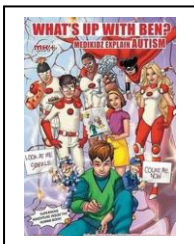
(2004) Sherry Bonnace. Mason Crest. USA.

ISBN-10: 1590847369 **ISBN-13:** 978-1590847367

Autism presents unique challenges to the families and friends of young people with this condition. Some children with autism seem to be individuals of great contradiction-unable to perform well in one educational area, while having near-genius abilities in other areas. Children with autism may act withdrawn, unresponsive, or unemotional. They may at times seem impossible to understand. Challenges like these lead to many misunderstandings about autism and the abilities of children with this condition.

In *The Hidden Child: Youth with Autism*, you will read the story of Livie and her brother Tucker, who has autism. As Livie and her parents experience the challenges that raising Tucker brings, the reader experiences the turmoil and strength needed to face the emotional roller coaster that autism can cause.

As you read, you will not only learn about Livie's and Tucker's experiences. You will also learn facts about autism, what the symptoms of autism are, and where to turn for further information or help with issues related to autism. This book will also teach you about the different educational treatments that are available to help each unique child. Through early intervention, education, and further research, individuals with autism can lead more fulfilling lives.



Medikidz Explain Autism: What's Up with Ben?

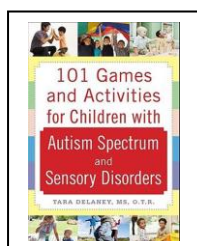
(2009) Kim Chilman-Blair. Medikidz Publishing. UK.

ISBN-10: 1906935289 **ISBN-13:** 978-1906935283

An engaging, informative graphic novel that explains Autism to children. Autism is a lifelong disorder that affects at least 1 in 1000 people. It affects more boys than girls (approximately 4 boys for every 1 girl). Even after diagnosis, siblings of autistic children can often find it confusing and difficult to understand their brothers' or sisters' behaviour.

With this in mind, Dr. Kim Chilman-Blair and Dr. Kate Hersov teamed up with a former Marvel graphic novel artist to create a series of comic books. Each comic is written by doctors and peer-reviewed by leading specialists in each respective therapy area. Medikidz is a resource designed to educate not only young patients, peers and their parents, but also to aid practitioners and educators in explaining health conditions as effectively as possible.

The books follow a team of five larger than life superheroes from outer space. The Medikidz each specialise in explaining a different part of the body. *What's up with Ben?* is an engaging way to educate children about autism.



101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders

(1988) Tara Delaney. McGraw-Hill. UK.

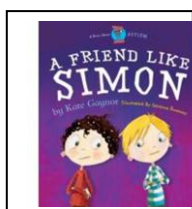
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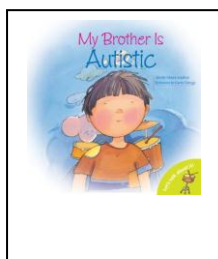
A Friend Like Simon

Autism/ASD

(2009) Kate Gaynor. Special Stories Publishing

ISBN-10: 0956175120 **ISBN-13:** 978-0956175120

This is a special education children's picture book that introduces autism. When an autistic child joins a mainstream school, many children can find it difficult to understand and cope with a student that is somewhat 'different' to them. This story encourages other children to be mindful and patient of the differences that exist and to also appreciate the positive contribution that an autistic child can make to the group.



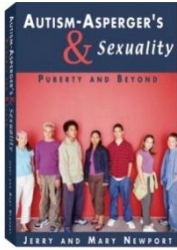
My Brother is Autistic

Let's Talk About It!

(2008) Jennifer Moore-Mallinos. Barron's Educational Series Inc.

ISBN-10: 0764140442 **ISBN-13:** 978-0764140440

Having a brother with autism can sometimes be hard. This book describes some of the realities that children with autism and their brothers and sisters experience every day. It encourages all children to learn patience, understanding and tolerance when dealing with an autistic friend.



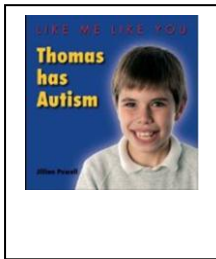
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Syndrome, this groundbreaking, personal look at the sexual challenges of those diagnosed with autism or Asperger's includes advice on dating, sex, birth control, disease prevention, abuse, and personal responsibility.



Thomas Has Autism

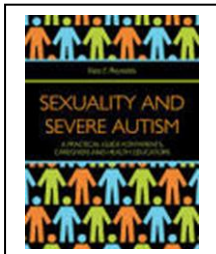
(Like Me, Like You)

(2011) Jillian Powell. Evans Brothers Ltd.

ISBN-10: 0237539292 ISBN-13: 978-0237539290

Each title in this brand new series focuses on a real child with a particular illness or disability, showing readers how they and the people around them adapt in everyday circumstances. Highly illustrated with specially commissioned colour photography, each

child is followed through their typical day, as they take part in a number of different activities with different people.



Sexuality and Severe Autism

A Practical Guide for Parents, Caregivers and Health Educators

(2013) Kate E. Reynolds. Jessica Kingsley Publishers

ISBN-10: 1849053278 ISBN-13: 978-1849053273

Sexual health and sexuality can be difficult subjects for parents and caregivers to broach with autistic children, made more challenging when children are at the severe end of the autism spectrum. Some parents may even question the validity of teaching sexuality

to those who are severely autistic. This practical handbook guides you through the process of teaching about sex and sexuality, answering all of the most crucial questions, including: Why is it necessary to teach this subject to my severely autistic child? When is the right time to start talking about these issues? How detailed and explicit should I be? What methods are most appropriate? It addresses male and female issues separately and covers public and private sexual behaviours, sexual abuse, cross-gender teaching and liaising with schools.



Encouraging Appropriate Behavior for Children on the Autism Spectrum

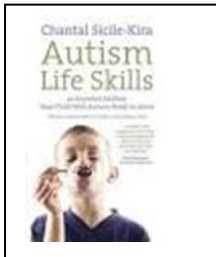
Frequently Asked Questions

(2006) Shira Richman. Jessica Kingsley Publishers

ISBN-10: 1843108259 ISBN-13: 978-1843108252

Written in an accessible question-and-answer format for easy navigation, this book provides detailed, practical answers to the real questions asked by parents of children with autism spectrum

disorders (ASDs). One hundred questions, organized by topic, cover common everyday problems, from advice on what to do if your autistic child routinely runs away when in the supermarket to tips on how to stop him from spitting. Shira Richman outlines succinct behavioural plans to help parents and professionals encourage appropriate behaviour, and help their child make progress with learning positive behavioural patterns. She also offers advice on how to recognise maladaptive behaviours and explains the reasoning behind taking a proactive approach with children on the autism spectrum. This book can be read cover to cover or used as a handy quick reference. It will be invaluable to parents of children with ASDs and the professionals working with them.



Autism Life Skills

10 Essential Abilities Your Child With Autism Needs to Learn

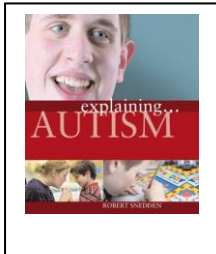
(2009) Chantal Sicile-Kira. Vermilion

ISBN-10: 0091929083 **ISBN-13:** 978-0091929084

Parents who have just received a diagnosis for their child are often shell-shocked.

Autism Life Skills offers comprehensive advice for parents and 'coaches' them on how to work through the emotions inherent to having a child who is not developing as

expected. It also addresses the practical issues that must be considered when raising a child with special needs, such as safety at home and earning a living, and teaches parents how to give their children the skills they will need for a healthy, happy life.



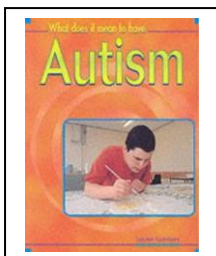
Explaining: Autism

(2008) Robert Snedden. Franklin Watts

ISBN-10: 1445117681 **ISBN-13:** 978-1445117683

The Explaining series looks at a range of conditions, illnesses and disabilities that affect children and adults all over the world. The books explain why they occur, how they are diagnosed, how they affect people and how they can be treated.

Explaining: Autism will help you understand what autism is and how it affects people. Case studies illustrate what is like to live with autism and how people with the condition manage it to live full and happy lives.



What Does it Mean to Have? Autism

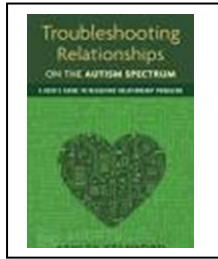
(2002) Louise Spilsbury. Heinemann Library

ISBN-10: 0431139326 **ISBN-13:** 978-0431139326

This superb new series is designed to present the facts and promote awareness and understanding of conditions that many children learn to live with. Each book: -

introduces a condition, examining its causes and effects - looks at control, medication and treatment - covers the help and support available - includes numerous real-life case

studies - is written with the help and advice of key experts



Troubleshooting Relationships on the Autism Spectrum

A User's Guide to Resolving Relationship Problems

(2013) Ashley Stanford. Jessica Kingsley Publishers

ISBN-10: 1849059519 **ISBN-13:** 978-1849059510

Don't you wish relationships came with a manual? Ashley Stanford has written a user's guide to relationships that adopts a practical troubleshooting approach to resolving difficulties that will greatly appeal to the logical minds of individuals on the autism spectrum, as well as offering valuable guidance to their partners. Troubleshooting identifies problems and makes them fixable. This book presents a three-step troubleshooting process that can defuse even the trickiest relationship dilemma. Specific problem areas are covered in detail including communication, executive functioning, mindblindness, attachment, intimacy, co-habiting, and raising a family. The book offers straightforward solution-focused strategies and additional help is given in the form of bulleted lists, summaries, scripts, and example scenarios.

Down's Syndrome

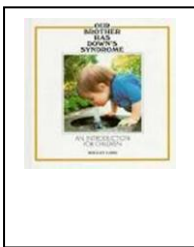


Living With Down's Syndrome

(2000) Jenny Bryan. Hodder Wayland. UK.

ISBN-10: 0750222484 ISBN-13: 978-0750222488

This book explains clearly why some people are born with Down's Syndrome and discusses what it is like going to a mainstream and to a special school. It also shows how, with help, children with Down's can learn to do many things independently. The book aims to encourage children to have a positive attitude towards those with special needs.

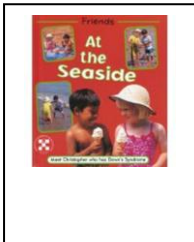


Our Brother Has Down's Syndrome

(1988) Shelley Cairo, Jasmine Cairo, Irene McNeil. Annick Press. Canada.

ISBN-10: 0920303307 ISBN-13: 978-0920303306

In a simple language, and illustrated with photographs three sisters describe the ways in which little brother Jai, a Down's Syndrome child, is different from other children, and what the family does to help him get along.

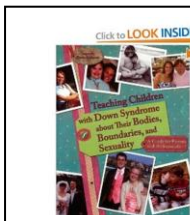


At the Seaside

(2004) Diane Church. Franklin Watts Ltd. USA.

ISBN-10: 0749651881 ISBN-13: 978-0749651886

Christopher, who has Down's Syndrome, and his friend Lauren are spending the day at the seaside, enjoying the fun and getting into mischief. This illustrated story explores the different ways children with disabilities tackle everyday life.

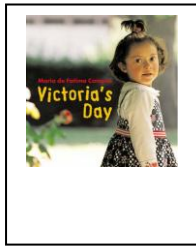


Teaching Children with Down Syndrome about their Bodies, Boundaries and Sexuality A Guide for Parents and Professionals

Terri Couwenhoven . Woodbine House (USA)

ISBN: 978-1-89062733-1

Parents of children with Down syndrome and other intellectual disabilities are accustomed to paying close attention to their child's physical, cognitive, and emotional development. This proactive approach should also include their child's sexual development, which for many parents may not seem as obvious or urgent, especially to those with young children. Drawing on her unique background as both a sexual educator and mother of a child with Down syndrome, the author blends factual information and practical ideas for teaching children with Down syndrome about their bodies, puberty, and sexuality. This book gives parents the confidence to speak comfortably about these sometimes difficult subjects.

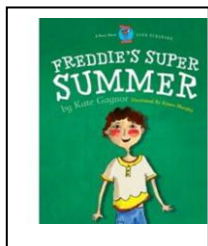


Victoria's Day

(2007) Maria de Fatima Campos. Frances Lincoln Children's Books. UK.

ISBN-10: 1845075714 **ISBN-13:** 978-1845075712

Like any other preschooler, Victoria is engaged by the world around her, excited to play with her friends, sometimes happy, and sometimes not. But unlike her peers she has Down's Syndrome. This thoughtful book follows Victoria on her typical day as she integrates into a mainstream nursery school. Young readers can compare and contrast their own experiences with Victoria's as she reads a book, paints, bakes biscuits, and plays games. Though she may look a little different, the book shows that Victoria is really not so different after all.



Freddie's Super Summer

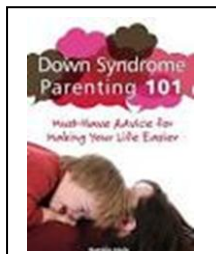
DownSyndrome

(2009) Kate Gaynor. Special Stories Publishing

ISBN-10: 0956175112 **ISBN-13:** 978-0956175113

It's Freddie's very first time at summer camp and he's certain he won't enjoy it or make friends. But it isn't long before a boy called Jerry helps him to see otherwise!

When a child with Down syndrome joins a mainstream school many children can find it difficult to understand a student that is somewhat different to them. While the story encourages other children to be mindful and patient of the differences that exist between them, the story's main focus is to portray the many positive personality traits of a child with Down syndrome and shows how their inspiring and uplifting contribution to a group can be.



Down Syndrome Parenting 101

Must-Have Advice for Making Your Life Easier

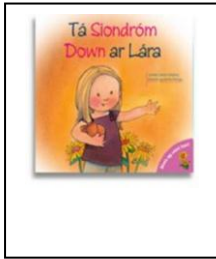
(2011) Natalie Hale. Woodbine House.

ISBN-10: 160613020X **ISBN-13:** 978-1606130209

Down Syndrome Parenting 101 is a savvy book for parents, grandparents, teachers, and anyone who shares life with a person with Down syndrome! It's full of uplifting advice and best practices gleaned from the author's personal and professional experiences raising a son, now an adult, and teaching educators and parents how to teach children with Down syndrome to read.

Down Syndrome Parenting 101 offers inspired takes on a host of important issues, from learning to recognize and celebrate your child's personality and gifts to finding a great teacher for him, and from insisting your child pull his own weight to giving your child his space as an adult. The author--equal parts mentor, humorist, enthusiast, and realist--takes readers by the hand and walks them through the various life stages, experiences, and people they will encounter with their child including: getting to know and fall in love with your child, interacting with medical professionals, literacy, discipline, school, transitioning, and independence.

Chapters are short, a plus for busy parents, and can be read individually or sequentially. Throughout, many characters--the author's son, friends, and students--appear, serving as anecdotal evidence in support of the author's points and adding to the storytelling effect. As an added bonus, the book includes a Foreword by Martha Beck, parent of a child with Down syndrome and author of the New York Times bestseller, *Expecting Adam*. Turn to this upbeat book for credible, realistic advice and for a dose of bibliotherapy when you need validation and perspective.



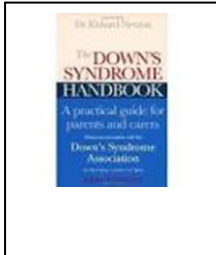
Tá Siondróm Down ar Lára

[Irish]

(2010) Jennifer Moore-Mallinos. Futa Fara.

ISBN-10: 1906907102 ISBN-13: 978-1906907105

An Irish book about Down Syndrome.



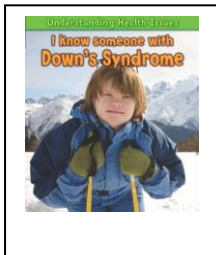
The Down's Syndrome Handbook

A Practical Guide for Parents and Carers

(2008) Dr. Richard Newton. Vermilion.

ISBN-10: 0091884306 ISBN-13: 978-0091884307

Combining medical knowledge with sympathetic common sense, this completely updated comprehensive handbook offers help and advice to all parents and carers of children with Down's syndrome, and shows them how to help their children flourish and reach their full potential. Written in association with the Down's Syndrome Association, this book goes beyond the average introduction to Down's syndrome and addresses the questions, practical or otherwise, that parents will often find themselves asking, and also offers information and advice on a wide variety of related issues, including:-- current medical knowledge about the condition--advice on the special care of babies and young children-- education and training--emotional and sexual development--integration into society.



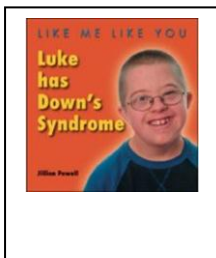
I Know Someone with Down's Syndrome

A story to

(2012) Vic Parker. Raintree

ISBN-10: 1406223506 ISBN-13: 978-1406223507

Presents basic information about what Down syndrome is, what might cause it, how people deal with it, and what it is like to have a friend with Down syndrome.



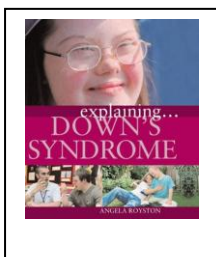
Luke Has Down's Syndrome

(Like Me, Like You)

(2009) Jillian Powell. Evans Brothers Ltd

ISBN-10: 0237539284 ISBN-13: 978-0237539283

Follow young Luke as he learns to read, takes the bus to the playground, and takes part in his weekly Cub Scout meeting.



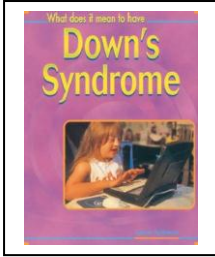
Explaining: Down's Syndrome

(2013) Angela Royston. Franklin Watts

ISBN-10: 144511769X ISBN-13: 978-1445117690

The Explaining series looks at a range of conditions, illnesses and disabilities that affect children and adults all over the world. The books explain why they occur, how they are diagnosed, how they affect people and how they can be treated.

Explaining: Down's Syndrome will help you understand what Down's Syndrome is and how it affects people. Case studies illustrate what is like to live with Down's Syndrome and how people with it manage their conditions to live full and happy lives.



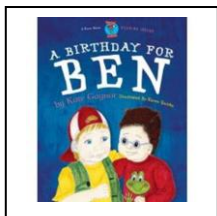
What Does It Mean to Have? Downs Syndrome

(2003) Louise Spilsbury. Heinemann Library

ISBN-10: 0431139423 **ISBN-13:** 978-0431139425

One of a series that presents facts and promotes awareness and understanding of conditions that many children learn to live with. It uses case studies to examine the causes and effects, control, medication and treatment, and the help and support available.

Other Specific Disabilities or Issues (includes: hearing difficulty, dyslexia, wheelchair users, cleft palate/lip,)



A Birthday for Ben

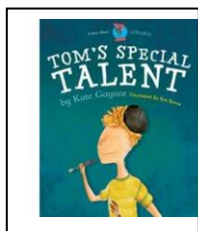
Children with hearing difficulty

(2009) Kate Gaynor. Special Stories Publishing

ISBN-10: 0956175139 **ISBN-13:** 978-0956175139

It's Ben's 7th birthday, but he really doesn't want a birthday party! When his friends surprise him, he then learns just how easy it is for everyone to join in the fun.

Children with hearing issues may often feel different to their peers due to wearing hearing-aids. Or feel left behind in games or group situations that involve auditory exchanges. This story helps all children to see the difficulties that a child in this situation might face and how certain everyday situations might upset them. Through the main character, children who are deaf/hard of hearing also learn that it's OK to mention the specific frustrations and issues they experience. People around the children also become more aware of possible workarounds to communication issues or situations. The story helps to reinforce how important it is that no child is ever excluded or left out. Ben's story offers a broad introduction to the various challenges a child with hearing difficulties may face. As with any story however, this is only one interpretation of mainstream school and the experience of all deaf or hard of hearing children will differ depending on their environment, family background or personality.



Tom's Special Talent

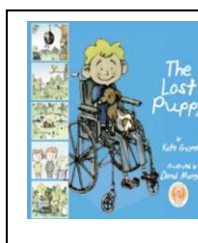
Dyslexia

(2009) Kate Gaynor. Special Stories Publishing

ISBN-10: 0956175104 **ISBN-13:** 978-0956175104

Tom isn't sure if he has any talents at all when he sees how good his friends are at writing and reading. But a school competition soon helps him to find his own very

special talent! Children with Dyslexia or a learning difficulty often find school a daunting and sometimes terrifying daily task. In an environment where certain skills, like writing and reading, are praised and highlighted more than others, it is important for children to recognise that everyone has a 'special talent' of their own. It encourages other children to be mindful of the differences that exist between their friends and classmates and to be aware that all children, regardless of their talents, learn differently.



The Lost Puppy

A positive story for any child with limited mobility who is a wheelchair user

(2008) Kate Gaynor. Special Stories Publishing

ISBN-10: 0955578728 **ISBN-13:** 978-0955578728

This special education children's book has been designed to help kids with limited mobility to see the positive aspects that using a wheelchair can bring to their lives.

Children with limited mobility can often feel somewhat isolated from their peers as a result of times in the past when they were excluded from certain activities. Through the experience of the main character, this book encourages children to look at their wheelchair as playing a positive rather than a

negative role in their life. By reading this story with a young child, it also gives parents an opportunity to discuss any feelings of anxiety that their child may be feeling.



First Place

A story book helping kids to understand cleft palate & cleft lip

(2008) Kate Gaynor. Special Stories Publishing

ISBN-10: 0955578760 **ISBN-13:** 978-0955578760

This book helps children realize that many other children just like them have to contend with similar speech difficulties. Through the main character, children learn that they can overcome their speech problems by working closely with their speech therapist and not being afraid to try. The book also gives parents an opportunity to discuss any feelings or anxieties that the child may have as regards their speech difficulty.

Web Resources for Parents

B4udecide The HSE Crisis Pregnancy Programme has developed this website because young people are becoming sexually active at a younger age than they did in the past and some young people feel huge pressure to engage in sex before they are ready, putting them at an increased risk of crisis pregnancies and sexually transmitted infections in their lifetimes.

www.b4udecide.ie



The Connect People Network (CPN) is an advocacy led group who believe that people with extra support needs have the right to have romantic and sexual relationships just like everyone else. CPN runs a lot of activities including a social network and advocacy group. Parents are welcome to join the CPN and meet other parents who want to support their young adults develop friendships and relationships The CPN also has compiled an extensive reference database of resources and articles.

www.connectpeoplenetwork.com

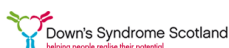
Contact a Family are the only UK national charity that exists to support the families of disabled children whatever their condition or disability. With over 30 years of experience, their vision is that families with disabled children are empowered to live the lives they want and achieve their full potential, for themselves, for the communities they live in, and for society. They offer support, information and advice and have both visual and audio resources for relationship and sexuality education for parents.

www.cafamily.org.uk



The Crisis Pregnancy Agency has produced a number of resources to assist parents in providing relationships and sex education to their children. These resources have been designed to provide age appropriate information to children aged 10-17 years old

www.crisispregnancy.ie



Down's Syndrome Scotland have a number of useful booklets related to sex education which are done in an accessible format. Good on line videos too. Check out their shop at

www.dsscotland.org.uk



Easy Health is a UK web site set up by Generate , a charity that works with people with mild or moderate learning disabilities. The website has downloadable health information leaflets in an easy to use format and covers all areas of health including men and women's sexual health.

www.easyhealth.org.uk

Family Planning Clinic UK is a very useful website with many publications for sex education and resources for people with learning disabilities and offer many resources for sex education. The 'Lets Talk about' series are three workbooks that parents can use together to talk about growing up, relationships and contraception. An award winning CD rom is 'All about Us' an interactive resource on sex education. There are other easy read materials on friendship and relationships, masturbation, same sex relationships and sexual abuse. See www.fpa.org.uk



Parentline offers support, guidance and information on all aspects of being a parent.

www.parentline.ie Phone: 1890 927 927



Social Personal and Health Education is a part of the School Curriculum. It builds on the various Life Skills, Health Education and Pastoral Care programmes already on offer in many Post-Primary schools. 'Going Forward Together' is the parents resource available on this website.
www.sphe.ie



There's no Place Like Home for Sex Education - Website for Planned Parenthood of SW Oregon USA. Here you will find guidance and answers to any concerns that might get in the way of having important conversations with young people in your life.
www.noplacelikehome.org

Callan Institute, as part of Saint John of God *Hospitaller* Ministries, provides consultation and training services in Positive Behaviour Support (PBS) and in Raising Understanding and Awareness (RUA) about Oneself, Friendships, Relationships and Sexuality.

Raising Understanding and Awareness (RUA) about
Identity, Friendships, Relationships and Sexuality

RUA' s aim is to support individuals with intellectual disability to enjoy friendship and close relationships and enable families and staff teams to be comfortable and skilled in talking about and providing support in, relationships and sexuality topics. RUA advocates that education and support for children and adults with intellectual disability is a fundamental human right as well as a critical support in terms of sexual health and protection.

Education and support covers a range of subjects that include sexuality education, positive identity, confidence building, decision making and values.

RUA,
Callan Institute,
Crinken House, Crinken Lane,
Shankill, Co Dublin
Phone: 281 4139 Fax: 01 272 0129
www.callaninstitute.org E-mail: rua@sjog.ie

Hospitality
Care - Compassion - Dignity - Excellence - Justice – Respect- Trust