

Resource List for Parents of Children with Chronic Health Issues



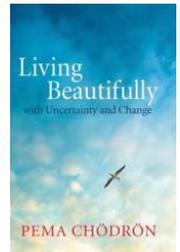
Family Support & Resource Centre

4480 Oak St. BC Children's Hospital. Rm K2-126
(604)453-8335. fsrc@cw.bc.ca
Open Mon-Fri, 10 am – 4 pm.
www.bcchildrens.ca/fsrc

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PARENT STRESS MANAGEMENT

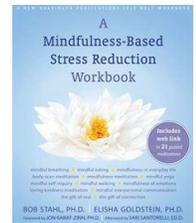
[Living beautifully with uncertainty and change](#) / Chodron, Pema -- Boston, MA, Shambhala Publications: 2012 We live in difficult times. Life sometimes seems like a roiling and turbulent river threatening to drown us and destroy the world. Why, then, shouldn't we cling to the certainty of the shore—to our familiar patterns and habits? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more satisfying experience of being fully alive.



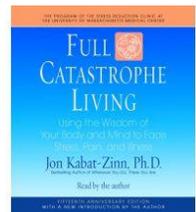
[Mindfulness-based stress reduction \(MBSR\)](#) / Greenshields, David (narrator) -- Vancouver, BC, BC Cancer Agency: 2013 This CD has 2 tracks. One is a guided body scan and the other a sitting meditation. With regular practice, mindfulness has been shown to reduce the effects of stress and anxiety, as well as significantly enhancing the quality of our lives by being more present for it.



[A Mindfulness-based stress reduction workbook](#) / Stahl, Bob|Goldstein, Elisha -- Oakland, CA, New Harbinger Publications: 2010 This workbook teaches mindfulness-based stress reduction (MBSR), a clinically proven program for alleviating stress, anxiety, panic, depression, chronic pain, and a wide range of medical conditions. Includes an MP3 CD with 21 guided meditations.

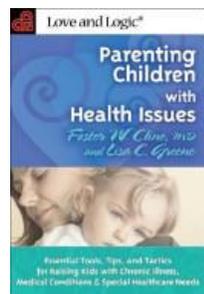


[Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness](#) / Kabat-Zinn, Jon -- Mississauga, ON, Random House: 2008 This 5 disc audio set shows you how to use natural methods to soothe and heal your body, mind, and spirit. By using the practices described within, individuals can learn to manage chronic pain resulting from illness and/or stress-related disorders, discover the roles that anger and tension play in heart disease, reduce anxiety and feelings of panic, improve overall quality of life and relationships through mindfulness meditation and mindful yoga.



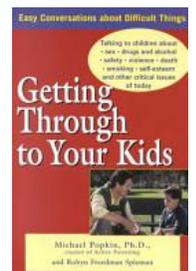
PARENTING CHILDREN WITH HEALTH ISSUES

[Parenting children with health issues: Essential tools, tips, and tactics for raising kids with chronic illness, medical conditions & special healthcare needs](#) / Cline, Foster W|Greene, Lisa C. -- Golden, CO, Love and Logic Institute, Inc.: 2007 This book provides parents and caregivers with practical skills to help your child navigate the complex issues that arise when living with health challenges.



[Getting through to your kids](#) / Popkin, Michael. -- New York: NY: Perigee Book, 2002. Advice on starting conversations about difficult things such as: Alcohol and drugs; courage and fear; death; divorce; driving; friends; illness; money and work; sexuality; tobacco; and violence.

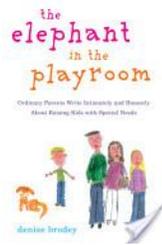
[Extreme parenting: Parenting your child with a chronic illness](#)/ Dempsey, Sharon. -- Philadelphia, PA: Jessica Kingsley Publishers, 2008. This book provides an in depth understanding of the path through chronic illness, illustrating the obvious effects on the child, but also the parents, siblings and the family as a whole across the spectrum from the psychological and social to the physical.



Anyone in BC is welcome to borrow from the library. We mail books for free across BC, including return postage. Don't see what you're looking for? Email us to make a purchasing suggestion. fsrc@cw.bc.ca

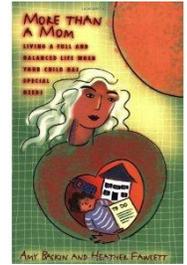
The elephant in the playroom: Ordinary parents write intimately and honestly about raising kids with special needs / Brodey, Denise. -- Toronto, ON: Plume, 2007. The author

introduces a community of intrepid moms and dads who share the highs and lows of parenting a child with ADD, ADHD, sensory disorders, childhood depression, Asperger's syndrome, autism, and physical and learning disabilities, as well as kids who fall between diagnoses.



More than a mom: Living a full and balanced life when your child has special needs /

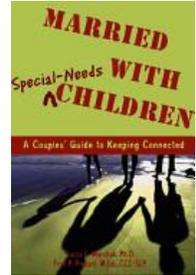
Baskin, Amy; Fawcett, Heather. -- Bethesda, MD: Woodbine House, 2006. The book, directed to a US audience, offers information about where to find resources and advice for parents who have children with a variety of learning challenges: developmental or physical disabilities, mental health or learning issues, or chronic medical conditions.



MARRIAGE & RELATIONSHIPS IN PARENTS OF CHILDREN WITH HEALTH ISSUES

Married with special-needs children: A couples' guide to keeping connected / Marshak,

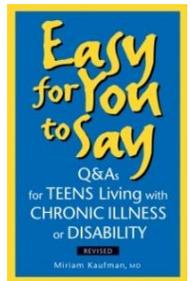
Laura E.; Prezant, Fran Pollock. -- Bethesda, MD: Woodbine House, 2007. This book recognizes the overwhelming stresses affecting family dynamics that can cause or widen existing cracks in marriages of parents of children with disabilities. The authors share anecdotes from families who have lived similar experiences, and use their combined professional experience in marital counselling and parent training to offer advice on common concerns.



BOOKS FOR CHILDREN & TEENS WITH HEALTH ISSUES

Back to school, Communicating with your doctor, and, Cracking hospital life.

Northbrook, IL, Starlight Starbright Foundation: 2005 In this documentary style DVD, teens share stories and advice for returning to school after a long absence. Topics include: * Getting back into the groove of school * Keeping up with homework & friends * What you can do about teasing and staring * Talking about your illness with kids at school

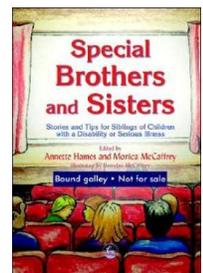


Easy for you to say: Q & A's for teens living with chronic illness or disability / Kaufman,

Miriam -- Toronto, ON, Firefly Books Ltd: 2012 . In the 3rd edition, Dr. Miriam Kaufman addresses important topics for teens who are living with chronic conditions or disabilities. The topics include: Anemia, Cancer, Cerebral Palsy, Crohn's Disease, Deafness, Diabetes, Head Injury, Heart Disease, Hemophilia, HIV, Lupus, Muscular Dystrophy, Sickle Cell Anemia, Seizures, Spinal Bifida, Spinal Cord Injuries, and Thyroid Disease.

Special brothers and sisters: Stories and tips for siblings of children with special needs, disability or serious illness / Hames, Annette (Ed.) Mccaffrey, Monica (Ed.)

Mccaffrey, Brendan (Illustrator) -- London, UK, Jessica Kingsley Publishers: 2005 A guidebook with short stories from 40 families, followed by the editors' commentary on understanding the situation and dealing with it. An easy-to-read, compassionate approach that emphasizes the love between siblings regardless of differences in abilities and perceptions.



ORGAN TRANSPLANT

Organ transplant: A survival guide for the entire family / Schwartz, Tina P. -- Lanham,

MD, Scarecrow Press: 2005 This book talks to teens and offers practical advice and suggestions for coping with and surviving the situation of when a family member has an organ transplant, or when they are personally facing an organ transplant. It covers how to deal with events that happen before, during, and after the surgery.



ONLINE MENTAL HEALTH RESOURCES/SERVICES

Anxiety BC www.anxietybc.com

Kelty Resource Centre <http://keltymentalhealth.ca>

BC Partners for Mental Health www.heretohelp.bc.ca
and Addictions Information

BC Psychological Association
www.psychologists.bc.ca

BC Ministry of Children and Family Development
www.mcf.gov.bc.ca/mental_health

BC Association of Clinical Counsellors <http://bc-counsellors.org>