



## HIGHLY RECOMMENDED BOOKS IN THE DOWN SYNDROME COMMUNITY

### BOOKS FOR PARENTS/CAREGIVERS:

#### *Personal & Inspiring:*

#### **The Shape of the Eye: A Memoir**

By George Estreich

A moving memoir, George Estreich, a poet and stay-at-home dad, tells the story of his family as his younger daughter is diagnosed with Down syndrome. At first, confused by the shape of her eyes and her Japanese heritage, this book is an insightful and beautifully written portrayal of how a family transcended from their struggles, misunderstandings, and their journey to embracing their young daughter in all her power.

#### **The Lucky Few**

By Heather Avis

When life looks radically different from the plan we have for ourselves, it's the lucky few that recognize God's plan is best. That's what adoptive mom Heather Avis learned, and that's the invitation of this book.

#### **Bloom**

By Kelle Hampton

Bloom is an inspiring and heartfelt memoir that celebrates the beauty found in the unexpected, the strength of a mother's love, and, ultimately, the amazing power of perspective. Poignant, eye-opening, and heart-soaring, Hampton's Bloom is ultimately about embracing life and really living it.

#### **Gifts: Mothers Reflect on How Children with Down Syndrome Enrich Their Lives**

By Kathryn Lynard (Editor)

Gifts is the much-loved collection of over 60 essays written by mothers who share their truths about raising children with Down syndrome. Powerful then and powerful now, it affirms over and over that a life with an extra chromosome is one worth living.

#### **Raising Henry: A Memoir of Motherhood, Disability, and Discovery**

By Rachel Adams

In this thought-provoking memoir, Rachel Adams shares the story how in a moment her life changed from being the idealized picture-perfect family to her experience as the mother of her second son Henry, who was diagnosed with Down syndrome. Her narrative is honest and self-critical and an insightful

exploration of today's intricacies of social prejudice, disability policy, genetics, prenatal testing, medical training, and inclusive education.

#### **Uncomplicated Life, An: A Father's Memoir of His Exceptional Daughter**

by Paul Daugherty (Author)

A father's exhilarating and funny love letter to his daughter with Down syndrome whose vibrant and infectious approach to life has something to teach all of us about how we can better live our own.

## **Educational & Informative:**

### **Gross Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals**

By Patricia C. Winders, P.T.

An essential resource for parents and caregivers of children with Down syndrome, this second edition has been thoroughly updated. A collection of 400 photos that show step-by-step instructions to help assess a child's gross motor readiness this guide will also help parents teach their children skills from basic head control and crawling to riding a bicycle. This guide comprises a wealth of information designed to help parents and children to achieve a healthier lifestyle.

### **Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals**

By Maryanne Bruni BScOT (Reg)

In a revised third edition, this popular book authored by an occupational therapist and parent of an adult with Down syndrome presents a step-by-step guide to activities that will help progress fine motor development from infancy through adulthood. She is now volunteer Board President of West Toronto KEYS to Inclusion, a non-profit organization promoting inclusive opportunities for adults with intellectual disabilities.

### **Early Communication Skills for Children with Down Syndrome**

By Libby Kumin, Ph.D., CCC-SLP

An updated and revised version of the highly respected companion to parents and caretakers of loved ones with Down syndrome. The author, Libby Kumin is a professor in the Department of Speech-Language Pathology/Audiology at Loyola University in Maryland where she founded the Down Syndrome Speech and Language Center for Excellence. She has over thirty years of experience working with children and adolescents with Down syndrome and their families. Using her vast experience, Dr. Kumin shows parents how they can support and encourage their child's speech and language development working through characteristic challenges, including hearing loss, intelligibility issues, apraxia or a slower pace of development.

### **Supporting Positive Behavior in Children and Teens with Down Syndrome**

By David Stein, Psy.D.

Dr. David Stein is the founder of New England Neurodevelopment, LLC, in Concord, MA

In this book, Dr. Stein examines how the brain of a person with Down syndrome works, and how that impacts behavior, and why bad behavior should not be viewed as an intentional act. Prepared with this new knowledge, parents are in a better position to form strategies of proactive interventions to avoid negative behaviors using guiding principles such as: be proactive, not reactive, be consistent, learn effective disciplinary techniques, know when professional help is needed.

### **Down Syndrome Parenting 101 Must-Have Advice for Making Your Life Easier**

By Natalie Hale

An insightful resource for parents, caretakers or anyone who shares a life with a person with Down syndrome. Natalie Hale walks the reader through various life stages in a book full of personal accounts as a parent of a now adult son with Down syndrome

## **Books for Younger Kids/Siblings:**

### **You Are Enough: A Book About Inclusion**

By Margaret O'Hair & Sofia Sanchez

A beautiful and inclusive picture book all about celebrating being yourself from Down syndrome advocate and viral sensation Sofia Sanchez! It can be hard to be different-whether because of how you look, where you live, or what you can or can't do. But wouldn't it be boring if we were all the same? Being different is great! Being different is what makes you YOU. This inclusive and empowering picture book from Sofia Sanchez-an 11-year-old model and actress with Down syndrome-reminds readers how important it is to embrace your differences, be confident, and be proud of who you are.

### **Different--A Great Thing to Be!**

by Heather Avis (Author), Sarah Mensinga (Illustrator)

NEW YORK TIMES BESTSELLER • This joyful rhyming book encourages children to value the “different” in all people, leading the way to a kinder world in which the differences in all of us are celebrated and embraced.

### **I Am Different, The Same As You**

by Deborah K O'Kon (Author), Halsey Mollhagen (Illustrator), Dave Williams (Foreword)

Step into a world of wonder and discovery with *I Am Different, The Same As You*, a captivating children's book that ignites young hearts with the power of acceptance, compassion, and the celebration of differences. This extraordinary tale weaves together enchanting storytelling and vibrant illustrations to create an immersive experience that will inspire children to embrace diversity, foster empathy, and cultivate a genuine understanding of others.

### **Fasten Your Seatbelt: A Crash Course on Down Syndrome for Brothers and Sisters**

by Brian G. Skotko (Author), Susan P. Levine (Author)

Even the closest brothers and sisters don't always get along or understand each other. Add a disability like Down syndrome to the mix, and that sibling relationship gets even more complicated, especially for teenagers. *FASTEN YOUR SEATBELT* is the first book written exclusively for teens with a brother or sister with Down syndrome. In an easy-to-read, question & answer format, it tackles a broad range of their most common issues and concerns. Nearly 100 questions all posed by teen siblings are grouped into the following categories: Facts and stats about Down syndrome, How people with Down syndrome learn, Handling parent and family conflicts, Dealing with your siblings frustrating behaviors, Managing uncomfortable situations, Sorting out your feelings, Becoming an advocate, What the future holds for you and your sibling, Finding local and national resources. Thoughtful, knowledgeable answers are provided by Brian Skotko, the brother of a young woman with Down syndrome, and Sue Levine, a social worker focused on sibling issues for the past 30 years. *Fasten Your Seatbelt* gives teens the green light to explore their own feelings and questions about their sibling with Down syndrome and how their relationship may change in the future.

### **Eli, Included**

by Michelle Sullivan (Author)

*ELI, INCLUDED* is a children's picture book about a boy named Eli who has Down syndrome. This book is perfect for any classroom, whether there is a child with Down syndrome in the class or not. This book is to help the next generation see that everyone has value and something to offer and to teach kids all about Down syndrome. Inspired by the author's son, written for his very first day of kindergarten where he was fully included with his typical peers.