



# Sibling Resources: A Bibliography of Selected Resources for Siblings of Children with Disabilities

## Articles Written for Adults

*Brothers and Sisters of Children with Disabilities: An Annotated Bibliography.* 1990. Available through Portland State University, Publications Coordinator, Research and Training Center on Family Support and Children's Mental Health. \$5. P.O. Box 751, Portland, OR, 97207-0751; (503) 725-4040.

*Children with Disabilities: Understanding Sibling Issues.* NICHCY News Digest, Number 11, 1988. National Information Center for Children and Youth with Disabilities. Available online only at: [www.nichcy.org/pubs/outprint/nd11.pdf](http://www.nichcy.org/pubs/outprint/nd11.pdf).

*Social and Emotional Adjustment of Siblings of Children with Autism.* Pilowsky, T., Yirmiya, N., Doppelt, O., Gross-Tsur, V., Shalev, R.S., *Journal of Child Psychology and Psychiatry.* 2004, 45(4): 855-865.

## Books Written for Adults

*Brothers and Sisters – A Special Part of Exceptional Families.* 2nd Ed., Powell, Thomas; Gallagher, P. Baltimore: Paul H. Brookes Publishing Co. (1993). Explores the natural affinities among siblings, and gives specific steps families can take to meet the needs of siblings of children with disabilities.

*Brothers and Sisters Talk with PACER.* Bloomington, MN: PACER Center, 1987. PACER Center, 8161 Normandale Boulevard, Bloomington, MN 55437-1044. (952) 838-9000, (800) 537-2237.

*Brothers, Sisters, and Special Needs: Information and Activities for Helping Young Siblings of Children with Chronic Illness and Developmental Disabilities.* Lobato, Debra J., Ph.D. Baltimore: Paul H. Brookes Publishing, 1995. Written for professionals, parents, and social workers, this curriculum is designed especially for young children, ages 3 to 8, whose sibling has a developmental disability or chronic illness.

*Circles of Care & Understanding: Support Programs for Fathers of Children with Special Needs.* May, James. Association for the Care of Children's Health, 1992. A manual for developing support groups for fathers.

*A Difference in the Family– Living with a Disabled Child.* Featherstone, Helen. New York: Penguin Books, 1981.

*Disability and the Family: A Guide to Decisions for Adulthood.* Turnbull, H.R.; Turnbull, A.; Summers, J.; Bronicki, G.J. Baltimore: Paul H. Brookes, 1990.

*Family Systems within Educational Contexts: Understanding at Risk and Special Needs Students.* 2nd Ed. Lambie, Rosemary. Denver: Love Publishing Company, 1999.

*Helping Children by Strengthening Families.* Allen, Mary Lee; Brown, P.; Finlay, F. Washington D.C.: Children's Defense Fund, 1992.

*Like Normal People.* Meyers, Robert. New York: Signet Books, 1980. By telling the story of two brothers, this book spans 25 years and depicts the changes in attitudes and the improvements in services for persons with disabilities.

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*Living with a Brother or Sister with Special Needs.* Meyer, D. J.; Vadasy P. 2nd Ed. Seattle: University of Washington Press, 1996.

*Practical Concerns about Siblings: Bridging the Research-Practice Gap.* Schachter, Frances Fuchs; Stone R. K. New York: Haworth Press, 1988.

*Profiles of the Other Child: A Sibling Guide for Parents.* McCaffrey, Frances Dwyer; Fish, T. Columbus: OSU Nisonger Center, Publications Department, 1989. A booklet about parents' feelings and expectations concerning brothers and sisters of children with special needs. Ohio State University, 1581 Dodd Dr., Columbus, OH 43210-1296; (614) 292-0825.

*Rebuilding Your Dream: Family Life with a Disabled Child.* Krahl, Rhonda. Iowa City: University of Iowa, Publications Department, 1990. This book provides support and helpful suggestions for living with a child with a disability.

*Resources for Sibling Groups.* A manual with lesson plans for sibling groups, age 4 and up; also information to develop successful siblings programs. Available at Family Resources Associates, 35 Haddon Ave., Shrewsbury, NJ 07702; (732) 747-5310.

*Sibshops: Workshops for Siblings of Children of Special Needs.* Meyer, Donald; Vadasy P. Baltimore: Paul H. Brookes Publishing, 1995. A handbook for implementing workshops for siblings of children with special needs. P.O. Box 1047, Arlington, TX 76004; 1-800-433-5255 (voice), or 1-800-855-1155 (TDD).

*Siblings of Children with Autism (Topics in Autism Series): A Guide for Families.* Harris, Sandra; Glasberg B. 2<sup>nd</sup> Ed. Bethesda: Woodbine House, 2003. This book takes an in-depth look at what it is like as a sibling of a child with Autism. It also addresses the concerns and responsibilities of adult siblings.

## **Books for Children**

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*The Devil Hole.* Spence, Eleanor. New York: Lothrop, Lee & Shepard, 1977. An Australian family describes the effect and emotional problems for parents and siblings of an autistic boy. Ages 12-15.

*A Different Kind of Sister.* Reynolds, Pamela. New York: Lothrop, Lee & Shepard, 1968. Thirteen-year-old Sally Barnes' sister, 18-year-old Debbie, has come home to live after four years in a school for people with mental retardation. Ages 9-14.

*Don't Take Teddy.* Baastad-Friis, Babbis. New York: Archway Pocket Books, 1973. A 13-year-old tries to save his older brother who is mentally handicapped from possible imprisonment.

*Eagle Eyes: A Child's Guide to Paying Attention.* Gehret, Jeanne. New York: Verbal Images Press, 1991. A story about an 8-year-old boy who has attention deficit disorder (ADD), and all this entails for his family.

*He's My Brother.* Lasker, Joe. Chicago: Albert Whitman Co., 1991. Tells the story of an older brother's affection for Jamie, who has a learning disability. Ages 4-8.

*He Is Your Brother.* Parker, Richard. New York: Penguin Group, 1976. The family of a young child with Autism learns to get through to him. Ages 9-12.

*I Have a Sister, My Sister is Deaf.* Whitehouse, Jean. New York: Harper Collins Children's Books, 1999. A young girl tells about everyday experiences with her sister. Ages 5-10.

*I'm Somebody, Too.* Gehret, Jeanne. New York: Verbal Images Press, 1996. Explores the feelings of the 12-year-old sister of the main character in *Eagle Eyes* and how she struggles to find a place for herself in her family.

*Little Time.* Baldwin, Anne Norris. New York: Viking Press, 1978. From the point of view of 10-year-old Sara, life in a family which includes a 4-year-old brother with Down syndrome is described. Ages 8-12.

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*Living with a Brother or Sister with Special Needs: A Book for Sibs.* Meyer, D.J.; Vadasy, P.F.; Fewell, R.R. Seattle: University of Washington Press, 1996. Provides useful information about specific handicapping conditions and a perceptive account of the emotions and concerns expressed by siblings whose lives have been touched by the presence of a child with special needs in the family. For young readers.

*Me Too.* Cleaver, Vera and Bill. New York: N A L, 1975. Twelve-year-old Lydia and Lornie are identical twins with one important difference—Lornie has mental retardation. Ages 11-14.

*More Time to Grow.* Grollman, Sharon Hya. Boston, Beacon Press, 1977. Story of a 9-year-old girl who tries to understand her 5-year-old brother who is mentally retarded. Includes a guide for parents or teachers. Ages 5-12.

*My Brother, Matthew.* Thompson, Mary. Bethesda: Woodbine House, 1993. David tells what it's like to be the older brother of Matthew, who was born with a brain injury.

*My Brother Stephen is Retarded.* Sobol, Harrier Langsam. New York: MacMillan Press, 1977. An 11-year-old girl tells about the mixed feelings she has for her older brother. Ages 5-12.

*My Sister.* Hirsch, Karen. Minneapolis: Carolrhoda Books, Lerner Publications, 1977. A young boy shares the story of life with his older sister who has mental retardation. Ages 5-12.

*My Sister Is Different.* Wright, Betty. Milwaukee: Raintree Children's Books, 1982. Carol learns some important truths about all his feelings toward his older sister Terry, who is mentally retarded, when he loses her in a department store. Ages 5-8.

*My Sister's Silent World.* Arthur, Catherine. Chicago: Scholastic Library Publishing, 1979. The older sister of an 8-year-old with a hearing impairment describes what a world without sound must be like. Ages 5-9.

*Sibling Bibliography.* Shrewsbury: Family Resource Associates. This bibliography was prepared specifically for siblings of children with disabilities. The majority of the book selections focus in some way on sibling relationships. They are useful for sibling groups and for parents and children to share together. Family Resource Associates Inc., 35 Haddon Avenue, Shrewsbury, NJ 07702; (732) 747-5310.

*Sometimes I'm Mad, Sometimes I'm Glad.* Heinemann, Janalee. Sarasota: Prader-Willi Association, 1982. A 7-year-old girl describes what it's like living with her brother who has Prader-Willi syndrome. Ages 8-12.

*Special Kind of Sister.* A. Smith, Lucia B. New York: Henry Holt & Co. Inc., 1979. A 7-year-old girl describes the demands as well as the opportunities her family experiences because her 5-year-old brother is viewed as different by others. Ages 4-8.

*Sweet Whispers, Brother Rush.* Hamilton, Virginia. New York: HarperCollins Publishers, 1983. This strange, contemporary tale involves ghosts that reveal the past and help 14-year-old Tree to understand the present and her older brother Dab who is mentally handicapped. Ages 12-15.

*Take Wing.* Little, Jean. Boston: Little, Brown and Co., 1968. Although her parents have not yet acknowledged his retardation, Laurel knows her younger brother is different and experiences mixed feelings toward him as she struggles to make friends with other children. Ages 10-14.

*Views from our Shoes: Growing up with a Brother or Sister with Special Needs.* Meyer, Donald. Bethesda: Woodbine House, 1997. Forty-five siblings share their experiences as children of siblings with disabilities.

*Welcome Home, Jellybean.* Shyer, Marlene Fanta. Peter Smith Publishing, 1996. Twelve-year-old Neil writes of the drastic changes faced by a family when his sister who has spent nearly all of her life in institutions comes home to live. Ages 12-15.

*What About Me?* Rodowski, Colby. New York: Farrar, Straus, & Giroux, 1989. A frank account of the difficulties and problems of 15-year-old Dorrie, whose younger brother has Down syndrome, clearly delineates the negative feelings that siblings of a child with retardation may experience. Ages 12-15.

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*Where's Buddy?* Roy, R. Chicago: Scholastic, 1986. A book that illustrates the experience of Buddy, a 7-year-old boy with diabetes and his brother, Mike. The author addresses issues concerning family dynamics and sibling interaction for young readers.

## **Newsletters**

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*For Siblings Only.* Directed at 4-9-year-olds, this newsletter includes an original story, library resources, discussion of feelings and special definitions. Published quarterly. \$12 per year. Family Resource Associates, 35 Haddon Avenue, Shrewsbury, NJ 07702; (732) 747-5310.

*Sibling Forum.* For pre-teens and teenagers. Includes sections focusing on feelings, problems and resources, library information, special definitions, feedback from readers, and web resource information. \$12 per year. Family Resource Associates, 35 Haddon Avenue, Shrewsbury, NJ 07702; (732) 747-5310.

## **Videos**

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*Brothers and Sisters—Growing Up with a Blind Sibling.* 1992. (11 minutes) Eight brothers and sisters of children who are blind or visually impaired talk about how it is for them to grow up in a home where a sibling has a disability. Institute for Families of Blind Children, Mailstop 111, P.O. Box 54700, Los Angeles, CA 90054-0700; (323) 669-4649. (\$10 to cover shipping and handling)

*Just Call Him Matthew!* (26 minutes, 1992) Six New Mexico children talk honestly about how it feels to have a brother or sister with a developmental disability, such as autism, cerebral palsy, or Down syndrome. This video was created by a parent for the Autism Society of America. Gay Finlayson, 9118 James Place NE, Albuquerque, NM 87111; (505) 291-9284. (\$30)

*The Next Step.* (20 minutes) Discussions with young adult siblings of children with disabilities. Ohio State University, Nisonger Center, 1581 Dodd Drive, Columbus, OH 43210; (614) 292-0825.

## **Organizations**

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Family Resource Associates, Inc. Provides support and resources for brothers and sisters of children with disabilities. 35 Haddon Avenue, Shrewsbury, NJ 07702; (732) 747-5310.

Friends of Yale, New Haven Children's Hospital. Provides a program, We're Special Too! (a sibling program), which helps siblings deal with their feelings, and how the disability or illness of a sibling affects them too. P.O. Box 208064, New Haven, CT 06520-8064, (203) 688-2336, or visit the web site: [www.thefriendsonline.org/programs/werespecialtoo.html](http://www.thefriendsonline.org/programs/werespecialtoo.html)

Parent Advocacy Coalition for Educational Rights. PACER'S programs help parents and children become informed and participating members in the life of a child with disabilities. In addition to videos, publications and newsletters, PACER offers many workshops in Minnesota. 8161 Normandale Boulevard, Minneapolis, MN 55437-1044, (952) 838-9000. For more information visit the web site at: [PACER.org](http://PACER.org)

The Sibling Support Project of The Arc of the United States. Creates peer support and educational opportunities through Sibshops and online sibling-related listservs for brothers and sisters of children with special needs. Donald Meyer, Director, 6512 23rd Ave NW, Suite 213, Seattle, WA 98117; (206) 297-6368. For more information visit their web site at: [www.thearc.org/siblingsupport](http://www.thearc.org/siblingsupport)