BOOKS FOR BROTHERS AND SISTERS

Hi, My Name is Jack: a book for the healthy siblings of chronically ill children, by Christina Beall-Sullivan, 2000
This book addresses the feelings of healthy siblings – it does not address one specific illness so can be used in many different situations.

My Brother Needs an Operation, by Anna Marie Jaworski, 1998
Joey’s little brother, Alex, has to go to the hospital for surgery and this is the story of how Joey handled it.

What about Me? When brothers and sisters get sick, by Allan Peterkin, 1992
Laura experiences conflicting emotions when her brother becomes seriously ill. Includes suggestions for parents to help their well children cope with a chronically ill sibling.

When Molly was in the Hospital: a book for brothers and sisters of hospitalized children, by Debbie Duncan, 2010 (Revised edition)
Anna’s little sister, Molly, needs to go to the hospital for an operation. In this story, Anna describes the experience from her point of view.

BOOKS FOR TEENS

Balancing Your Life with Congenital Heart Disease, by Teresa A. Lyle, 2009
This book will help teens learn about congenital heart disease, ways to stay healthy, choices that need to be made and includes references for specific conditions.

Easy for You to Say: q & a’s for teens living with chronic illness and disability, 2005 (Revised edition)
Covers important topics that range from family relationships, to friends and dating, to doctors and medical issues.

Teens Face to Face with Chronic Illness, by Suzanne LeVert, 1993
Discusses several different chronic diseases, including heart disease, and examines how they can affect such daily activities as school, sports, and relating to friends and family.

Young People and Chronic Illness: true stories, help, and hope, by Kelly Huegel, 1998
Presents true accounts of young people living with a chronic illness including how they learned to cope and remain hopeful; also includes strategies for living with a chronic medical problem.

The following resources are available through the Family Information Library and the Variety Children’s Heart Centre –

1) Heart and Soul: your guide to living with congenital heart disease
2) It’s My Heart: Artey goes to the doctor
3) A Smile from the Heart

**The library also has several children’s books to help prepare for a hospital stay….please email or call the library for a complete list.

Do any of these materials interest you?

The Family Information Library is a lending library. If you would like to borrow any of these materials, please call 787-1012, visit us on the 2nd floor of the Children’s Hospital (CK204), or email erobin@hsc.mb.ca.
If unable to visit the library, items can be mailed to you.

Library Hours (subject to change)
Monday: 9:30am-12pm and 1pm-4pm
Tuesday: 9:30am-12pm and 1pm-4pm
Wednesday: 9:30am-12pm and 1pm-5pm
Thursday: 9:30am-12pm and 1pm-5pm
Friday: 9:30am-12pm and 1pm-4pm
Saturday: 1pm-4pm
DID YOU KNOW…

The Family Information Library is a resource for all residents of Manitoba, Northwestern Ontario and Nunavut. The library provides books, DVDs/Videos and pamphlets on many topics related to Child Health.

One of these topics is heart disease. The following materials are available for borrowing from the library:

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BOOKS FOR PARENTS

Growing up Strong: what every parent should know about self-concept in children with long-term illnesses by Mary Burkett, 1999
This book is for the parent of child with a long-term health situation. Topics include: how we got here, the big picture, not so different after all, let’s talk it over, decisions, getting ready for tomorrow, we’re all in this together.

Offers families information on the understanding and treatment of heart problems in children.

The Heart of a Father edited by Anna Jaworski, 2009
A collection of essays of personal experiences of fathers and grandfathers of children affected by congenital heart defects.

The Heart of a Mother, edited by: Anna Marie Jaworski, 1999
This book includes over sixty stories from mothers and grandmothers of children born with congenital heart defects.

It’s My Heart, The Children’s Heart Foundation, 2004
A resource guide for patients and families affected by congenital and acquired heart disease. Describes various types of congenital heart defects and acquired heart conditions and describes treatments, tests, surgical procedures and much more.

My Heart vs. the Real World: children with heart disease, in photographs & interviews by Max S. Gerber, 2008
This book explores the lives of ten children with congenital heart disease using black and white photographs and stories. The author also shares his experience of growing up and living with CHD.

The Parent’s Guide to Children’s Congenital Heart Defects: what they are, how to treat them, how to cope with them, by Gerri Freid Kramer and Shari Maurer, 2001
Written by two parents of children with CHD, this book offers helpful information on diagnosis, treatment options, surgery, aftercare, and growing up with CHD. Stories from other parents are also included.

Parenting Children with Health Issues: essential tools, tips, and tactics for raising kids with chronic illness, medical conditions & special healthcare needs, by Foster W. Cline and Lisa C. Greene, 2007
Learn the essential parenting skills you need to help your child cope well with health challenges and live a hope-filled life.

Starting a Conversation: school children with congenital heart disease, by Jillian Roberts and Sheryle MacMath, 2006
This book was written for parents, teachers and all school staff working with children with congenital heart disease. Provides detailed, practical suggestions for developing strong, supportive relationships.

To Mend a Broken Heart: pediatric heart surgery by Kathy Sloan, 2010
This book will help families with a child who needs heart surgery…topics include: types of heart surgery, before surgery, in the operating room and after surgery.

Why Mine? For parents whose child is seriously ill, by Joy and Dr. S.M. Johnson, 2002
This booklet covers topics like other children, your marriage, anger, hope, depression, single parents, and community people.

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BOOKS FOR YOUNG CHILDREN

Blue Lewis and Sasha the Great, by Carol Donsky Newell, 2005
Lewis is born with a heart defect that keeps him from having enough oxygen. He sometimes feels left out of childhood activities. When his parents buy him a puppy, Sasha, his life starts to become happier. A story about friendship and learning to succeed when facing hard times.

Hear Your Heart, by Paul Showers, 2001
A simple explanation of the structure of the heart and how it works.

Matty’s Heart: a child’s and parents’ guide to open heart surgery, by Jean Clabough, 1995
This book helps prepare children for open heart surgery in a way that they can understand. Also helps explain it to siblings, relatives and teachers.

Nathan’s Special Heart, by Jessica Howard Ennis, 2006.
This book describes Nathan’s journey as he experiences a new minimally invasive surgery to treat a one-inch hole in his heart.