

Books for Adults

It Isn't Fair! Edited by Stanley D. Klein and Maxwell J. Schleifer. Perspectives on the relationship of siblings to children with disabilities, written by parents, siblings, and professionals.

Living with a Brother or Sister with Special Needs: A Book for Siblings, by Donald Meyer and Patricia Vadasy. May be useful for both parents and children to read.

Brothers and Sisters: A Special Part of Exceptional Families, by Thomas Powell and Peggy Gallagher.

Siblings Without Rivalry, by Adele Faber and Elaine Mazlish. A quick and easy read with powerful techniques.

How to Cope with Mental Illness in Your Family: A Self Care Guide for Siblings, Offspring and Parents, by Diane Marsh, Rex Dickens and E. Fuller Torrey.

When Madness Comes Home: Help and Hope for the Children, Siblings and Partners of the Mentally Ill, by Victoria Secunda.

Uncommon Fathers: Reflections on raising a child with a disability, ed by Donald Meyer

Riding the Bus with my Sister by Rachel Simon. This heartwarming memoir about the unbreakable bond between two very different sisters takes the reader on an inspirational journey.

The Views and Experiences of Disabled Children and Their Siblings: A Positive Outlook by Clare Connors & Kristen Stalker

Brothers and Sisters of Disabled Children by Peter Burke

The Normal One: Life with a Difficult or Damaged Sibling by Jeanne Safer

What About Me? Growing Up with a Developmentally Disabled Sibling by Bryna Siegel & Stuart Silverstein. Includes a good chapter about estate planning.

Listening to Siblings—The Experiences of Children and Young People who have a Brother or Sister with a Severe Disability by Janet Ratcliff

Special Needs Child: Maintaining Your Relationship: A couple's guide to having a relationship that works by Victoria Dawson

The Resilient Family: Living with Your Child's Illness or Disability by Paul Power & Arthur Dell Orto

I have needs too! Supporting the child whose sibling has special needs by Elizabeth Batson

Being the Other One: Growing up with a Brother or Sister who has special needs by Kate Strohm

Sibling Group Lends a Helping Hand: A Guide to Facilitating Support Groups for Siblings of Children with Special Needs by Olivia von Ferstel & Bridget Glenshaw

Books for Children

We'll Paint the Octopus Red, by Stephanie Stuve-Bodeen Ages 3-7. Emma's baby brother has Down syndrome.

Sometimes by Rebecca Elliott. Ages 3-8. Toby's big sister needs to go to the hospital again.

Just Because by Rebecca Elliott. Ages 3-8. Toby's big sister is different but he loves her and the fun they have.

Ben, King of the River, by David Gifaldi. Ages 5-8. Chad, the older brother of a developmentally disabled boy, narrates this story about the family's first camping trip. Includes tips for siblings of kids with special needs.

My Brother, Matthew, by Mary Thompson Ages 4-11. Offers a sibling's point-of-view of the ups and downs of life when your brother is born with a disability.

Way to Go, Alex!, by Robin Pulver. Ages 4 and up. Carly feels the dual emotions that many siblings of special-needs children may feel. Her older brother Alex participates in the Special Olympics.

Princess Pooh by Kathleen Muldoon. Ages 4 and up. Jealous of sister's wheelchair, Patty tries it out.

Sara's Secret, by Suzanne Wanous. Ages 7-9. Sara's secret is her little brother Justin, who has cerebral palsy and mental retardation. Her love for him and the discomfort he causes her at school are realistically portrayed.

My Sister Annie, by Bill Dodds. Ages 8-15. Twelve-year-old Charlie's sister Annie has Down syndrome. This is a thoughtful novel about his growing pains and struggle to accept a sister who is "different".

Views from Our Shoes: Growing Up With a Brother or Sister With Special Needs, edited by Donald J. Meyer For ages 7 and up. 45 children aged 4-18 share their experiences as the sibling of someone with a disability.

Special Brothers and Sisters: Stories and Tips for Siblings of Children with a Disability or Serious Illness by Annette Hames & Monica McCaffrey. Ages 9-12. Stories from 40 different children & families.

The Summer of the Swans, by Betsy Byars Ages 9-15. A 14-year-old girl's mentally retarded little brother gets lost, and the family realizes how much they really appreciate him.

A Real Christmas This Year, by Karen Williams. Ages 9-15. Megan's special-needs little brother makes life harder on her family, just when she already has lots of things going on in her own life.

Tru Confessions by Janet Tashjian. Ages 9-12 years. A 12 year old would like to cure her brother.

Welcome Home, Jellybean, by Marlene Shyer. Ages 9-15. Neil's sister, Gerri, comes home from an institution to live with their family.

Everybody's Different: A Book for Young People who have brothers & sisters with autism by Fiona Bleach. Ages 9 and up.

The Other Kid: A Draw it Out Guidebook for Kids dealing with a Special Needs Sibling by Lorraine Donlon. Ages 5 and up. This workbook helps kids discuss wonders & worries associated with special needs siblings.

Books for Teens / Young Adults

The Sibling Slam Book: What it's Really like to have a brother or sister with Special Needs by Don Meyer & David Gallagher. Answers from 80 teens to 50 personal questions about their sibling experiences.

Special Siblings: Growing Up with Someone with a Disability by Mary McHugh and Stanley Klein

Fasten Your Seatbelt: A Crash Course on Down Syndrome for Brothers and Sisters, by Brian Skotko & Susan Levine. Written for teens who have 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.

Sibling Survival Guide: Indispensable information for brothers and sisters of adults with disabilities, by Don Meyer & Emily Holl. Teens and young adults who have sibs with special needs will appreciate this upbeat book that addresses a host of concerns including guardianship, medical & legal issues, and government benefits.

Thicker than Water: Essays by Adult Siblings of People with Disabilities, by Don Meyer

Are You Alone on Purpose? By Nancy Werlin. Allison gets teased about her autistic brother, but when the bully gets injured, Alison's compassion and knowledge are revealed as strengths.

Websites

Sibling Support Project www.siblingsupport.org

What Siblings Would Like Parents and Service Providers to Know

www.siblingsupport.org/publications/what-siblings-would-like-parents-and-service-providers-to-know

What About Me? — Support for the Siblings of Disabled Children

<http://psychcentral.com/lib/2006/what-about-me-support-for-the-siblings-of-disabled-children/>

Siblings of Kids with Special Needs www.med.umich.edu/yourchild/topics/specneed.htm

When A Sibling Is Disabled <http://psychcentral.com/lib/2007/when-a-sibling-is-disabled/>

Parenting Siblings of Children with Disabilities

www.parents.com/parenting/better-parenting/teaching-tolerance/parenting-siblings-of-children-with-disabilities/

We the Siblings -for siblings of kids who have autism. www.angelfire.com/bc/autism/index.html

Sibs – for siblings of disabled children & adults. <http://www.sibs.org.uk>

Sibspace – for siblings of developmentally disabled. <http://www.sib-space.org/>

Siblinks – for siblings ages 13-25. <http://www.siblinks.org/>