



Families
Moving Forward
FOUNDATIONS

Families Moving Forward

Books/Websites Resource list

WEBSITES WITH IMPORTANT INFORMATION:

- Families Moving Forward Program (FASD intervention) - www.familiesmovingforwardprogram.org
- FASD United - www.fasduinted.org
- CDC - www.cdc.gov/fasd
- Do2Learn (Educational and social interventions) - www.do2learn.com
- The Center for Adoption Medicine (FASD and adoption information) - www.adoptmed.org
- The Florida Center for Early Childhood - www.thefloridacenter.org
- STAR Institute (Sensory Processing Health and Wellness resources) - www.sensoryhealth.org
- Zones of Regulation (Self-Regulation resource) - www.zonesofregulation.com
- National Organisation for FASD (UK-based resource) - www.nationalfasd.org.uk
- Sibling Leadership Network (Resources and community for siblings of individuals with disabilities) - www.siblingleadership.org
- Seattle Children's Hospital Sleep Help - www.seattlechildrens.org/clinics/sleep-medicine/patient-family-resources
- FASD Dictionary - www.fasddictionary.ywcavan.org
- FASD Language Guide - www.canfasd.ca/wp-content/uploads/2018/01/LAEO-Language-Guide.pdf

BOOKS TO READ WITH CHILDREN:

About FASD:

- Robinson, J. & Bedard, L. (2023). *My FASD Feelings: A Guide to Children's Experience with Fetal Alcohol Spectrum Disorders*. Outskirts Press.
- Simpson-Orcutt, H. (2018). *The Way I am is Different: A Children's Book about a boy with Fetal Alcohol Spectrum Disorder*. Independently Published.

About Sensory Processing:

- Alcott, A. (2022). *When Things Get Too Loud: A Story about Sensory Overload*. Tiny Horse Books.
- Roth-Fisch, M. (2009). *Sensitive Sam: Sam's Sensory Adventure Has a Happy Ending!* Future Horizons.

About Sibling Issues:

- Meyer, D. & Gallagher, D. (2005). *The Sibling Slam Book: What It's Really Like To Have A Brother Or Sister with Special Needs*. Woodbine House.
- Meyer, D. & Vadasy, P. (1996). *Living with a Brother or Sister with Special Needs: A Book for Sibs* (2nd Edition, Revised and Expanded). University of Washington Press.

About Puberty & Other Important Topics:

- Daynes, K. (2016). *Lift-the-flap Questions and Answers about Growing Up*. Usborne.
- Silverberg, C. (2013). *What Makes a Baby*. Seven Stories Press.
- Silverberg, C. & Smyth, F. (2015). *Sex is a Funny Word: A Book about Bodies, Feelings, and You*. Seven Stories Press.

BOOKS FOR CAREGIVERS TO READ:

About FASD & Related Issues:

- Brown, J. & Mather, M. (2014). *Fetal Alcohol Spectrum Disorder: Parenting a Child with an Invisible Disability*. CreateSpace Independent Publishing Platform.
- Catterick, M. & Curran, L. (2014). *Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASD for Parents, Carers and Professionals*. Jessica Kingsley Publishers.
- Chasnoff, I.J. (2010). *The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable Child*. NTI Upstream.
- Kleinfeld, J. (1993). *Fantastic Antone Succeeds*. University of Alaska Press.
- Kulp, L. & Kulp, J. (2013). *The Best I Can Be: Living with Fetal Alcohol Syndrome or Effects*. CreateSpace Independent Publishing Platform.
- LaJoy, K. (2022). *It's OK to Be You: Living Well with FASD or Other Disabilities*. Independently Published.

Help for Advocacy:

- Wright, P.W.D., & Wright, P.D. (2023). *Wrightslaw: Special Education Law* (3rd Edition). Harbor House Law Press.
 - Visit www.wrightslaw.com/store/selaw3.store.html

Help for Behavior:

- Hieneman, M., Elfner, K., & Sergay, J. (2022). *Resolving Your Child's Challenging Behavior: A Practical Guide to Parenting with Positive Behavior Support* (2nd Edition). Brookes Publishing.
- Webster-Stratton, C. (2019). *The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 3-8 Years* (3rd edition). The Incredible Years.
- Greene, R. (2021). *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children* (6th Edition). Harper Paperbacks.
- Delahooke, M. (2019). *Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges*. PESI Publishing.

Help for Executive Functioning:

- Dawson, P., Guare, R., & Guare, C. (2024). *Smart but Scattered: The Revolutionary Executive Skills Approach to Helping Kids Reach Their Potential* (2nd Edition). Guilford Press.

Help for Sensory Processing:

- Kranowitz, C.S. (2022). *The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Differences* (3rd Edition). TarcherPerigee.
- Kranowitz, C.S. (2006). *The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Processing Disorder* (Revised Edition). TarcherPerigee.
- Miller, L.J. (2014). *Sensational Kids: Hope and Help for Children with Sensory Processing Disorder (SPD)* (Revised Edition). TarcherPerigee.
- Schneider, R.S. (2016). *Making Sense: A Guide to Sensory Issues*. Sensory World.

Help for Sibling Issues:

- Meyer, D. (1997). *Views from Our Shoes; Growing Up with a Brother or Sister with Special Needs*. Woodbine House.
- Meyer, D., & Holl, H. (2014). *The Sibling Survival Guide: Indispensable Information for Brothers and Sisters of Adults with Disabilities*. Woodbine House.

Help for Sleep:

- Durand, V.M. (2023). *Sleep Better! A Guide to Improving Sleep for Children with Special Needs (Revised Edition)*. Brookes Publishing.
- Ferber, R. (2006). *Solve Your Child's Sleep Problems: A New, Revised, and Expanded Edition*. Touchstone.

Help for Social Communication:

- Sussman, F. (2012). *More Than Words: A Parent's Guide to Building Interaction and Language Skills for Children with Autism Spectrum Disorder or Social Communication Difficulties (2nd Edition)*. Hanen Center.
- Hodgdon, L. (2023). *Visual Strategies for Improving Communication (3rd Edition)*. QuirkRoberts.

Help for Social Media and Internet Usage:

- Chasnoff, I.J. (2019). *FASD and the Online World: The Seductive Power of False Friendships, False Promises, and False Rewards*. NTI Upstream.

Clinical-Level Readings:

- Abdul-Rahman, O.A., & Petrenko, C.L.M. (Eds.). (2023). *Fetal Alcohol Spectrum Disorders: A Multidisciplinary Approach*. Springer.