



# Families Moving Forward

## Books/Websites Resource List

### WEBSITES WITH IMPORTANT INFORMATION:

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