



MEDICAL TRAUMATIC STRESS: Resources for Parents

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BOOKS – FOR PARENTS

- **Children and Trauma: A Guide For Parents and Professionals.** Cynthia Monahan, Jossey-Bass Publishers; San Francisco; 1997
- **Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries and Phobias.** Tamar Chansky, Broadway Books; New York; 2004
- **A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings.** Kenneth R. Ginsburg & Martha M. Jablow. Published by the American Academy of Pediatrics; 2006

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BOOKS – FOR CHILDREN AND TEENS

- **What to Do What You're Scared and Worried: A Guide for Kids.** James J. Crist, Free Spirit Publishing; Minneapolis; 2004
- **What to Do When You're Sad & Lonely: A Guide for Kids.** James J. Crist, Free Spirit Publishing; Minneapolis; 2004
- **When I Feel Scared.** (for young children) Cornelia Maude Spelman, Albert Whitman & Co.; Morton Grove; 2002
- **What About Me? When Brothers and Sisters Get Sick** Allan Peterkin, Magination Press; Washington D.C., 1992

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WEB RESOURCES – COPING WITH ILLNESS / INJURY

- **After the Injury: Helping Parents Help Their Kids Recover**
<http://www.aftertheinjury.org>
Information, videos, and tools to help parents understand children's reactions to serious injury and promote recovery. Allows parents to rate their child's reactions and create a care plan for their child.
- **Band-aids and Blackboards**
<http://www.lehman.cuny.edu/faculty/jfleitas/bandaides>
Information by and for children and teens living with long-term or chronic medical illnesses, with a special section for parents.
- **Pediatric Brain Tumor Foundation – Information for Families**
<http://www.pbtfus.org/families/parents>
Provides information for parents, siblings, and survivors about the medical, emotional, and social aspects of helping your child cope with a brain tumor.
- **Phoenix Society for Burn Survivors – Resources for Children and Families**
<http://www.phoenix-society.org/resources/familyresources>
Provides information, support, and resources to children, adolescents, and families who have been impacted by a burn injury.

see p. 2 for more web resources

WEB RESOURCES FOR PARENTS AND KIDS: Health and Medical Topics

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WEB RESOURCES – GENERAL HEALTH AND MEDICAL

- **American Academy of Pediatrics - Children, Teens, and Resiliency web resources**
<http://www.aap.org/stress>
Information to help teens and families cope with the pressures of day-to-day life.
- **Child / Teen Health Information from the NIH**
<http://health.nih.gov/category/ChildTeenHealth>
Glossary of health information from the United States National Institutes of Health.
- **National Association of School Psychologists – Sleep Disorders for Children and Teens**
http://www.nasponline.org/resources/health_wellness/sleepdisorders_ho.aspx
Information for parents and educators on sleep and sleep disorders for children and teens.
- **National Child Traumatic Stress Network**
<http://www.nctsn.org>
Information and resources for parents and children who have experienced a trauma, including: abuse, community or school violence, natural disasters, war, terrorism, illness or injury, or the loss of a loved one.
- **Pain, Pain, Go Away**
<http://painsourcebook.ca/docs/pp80.html>
Information on helping children with pain from a leading pediatric pain research group.
- **PBS Parents Guide to Talking With Kids About Health**
http://www.pbs.org/parents/talkingwithkids/health/communicating_intro.html
Tips on communicating with kids about injury, illness, medicine, and going to the doctor.
- **Worry Wise Kids**
<http://www.worrywisekids.org>
Information to help children with excessive worries or fears.

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KID-FRIENDLY WEB SITES

- **About Kid's Health – Just for Kids**
<http://www.aboutkidshealth.ca/JustForKids/default.aspx>
Age-appropriate information and animations for kids on many different health topics.
- **Band-aids and Blackboards**
<http://www.lehman.cuny.edu/faculty/jfleitas/bandaides>
Information by and for children and teens living with long-term or chronic medical illnesses.
- **Experience Journal Project – Children's Hospital Boston**
<http://www.experiencjournal.com>
Stories, pictures, and personal experiences by and for kids about coping with medical and emotional illnesses.
- **Kids Health Galaxy – The Children's Hospital of Philadelphia**
www.chop.edu/kidshealthgalaxy
Animation, games, and activities to orient kids to the hospital and common medical procedures.
- **National Sleep Foundation (Kids)**
<http://www.sleepforkids.org>
Child friendly website about sleep.