

Books & Resources

Guide for Health Professionals Working in Primary Care: Supporting Children, Young People and Their Families Affected by the Victorian Bushfires – V1.1

http://www.earlytraumagrief.anu.edu.au/uploads/Disaster%20Guidelines%20for%20Children_ACATLGN_240309_V1_1.pdf

Produced by:

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These guidelines are designed to assist those working with children, young people, and their families after the disaster of the Victorian bushfires. The information in these guidelines will be relevant to a range of health professionals working in primary care settings.

Siblings Brothers and sisters of children with special needs

www.wakefieldpress.com.au/books/siblings.html

Kate Strohm

The siblings of children with special needs are often the forgotten ones in families struggling to cope with the demands of having a child with a disability or chronic illness. Kate Strohm's book *Siblings* finally gives these sisters and brothers a voice. Kate, who has a sister with cerebral palsy, bravely shares her own story, and the stories of other siblings who struggle with their feelings of resentment, guilt, grief and isolation. She also explores how these difficulties can manifest in adulthood as depression, anxiety and other psychological problems, and gives detailed strategies for coping and coming to terms with these feelings.

'Siblings is a book that should be read by anyone coming into contact with a family that includes a child with a disability, whether through their work or socially.' – Professor Graham Vimpani, University of Newcastle

Our Children Our Future a Framework for Child and Youth Health Services in Western Australia 2008-2012

http://www.healthnetworks.health.wa.gov.au/cyhn/docs/WA_Child_&_Youth_Framework_2008-2012.pdf

Our Children Our Future a Framework for Child and Youth Health Services in Western Australia 2008-2012 is available for all health care providers. The Framework proposes strategies to improve the physical and mental health, development and wellbeing for all children and young people highlighting key issues such as obesity, chronic health problems and risk taking behaviours. The Framework also recognises the inequalities in health, particularly for socially disadvantaged groups including Aboriginal and Torres Strait Islander people, those with disabilities and immigrants from non English speaking backgrounds.

Because Someone I Love Has Cancer

www.cancer.org/docroot/PUB/PUB_0.asp?productCode=F9513.00

American Cancer Society



Because Someone I Love Has Cancer offers your child support, encouragement, and opportunity for imaginative personal expression. This inspired publication is designed to address the basic goals of therapeutic support for children (ages of 6-12) who have a loved one with cancer. Creative activities allow your child to work through and express unfamiliar feelings and learn to recognize and tap into positive moments.

Not My Family, Never My Child

What to do if someone you love is a drug user

www.allenandunwin.com/default.aspx?page=94&book=9781741755251

Tony Trimmingham

A practical handbook for anyone who suspects (or knows) someone they care about is a drug user.

Drawing on the tragic loss of his own son to a heroin overdose and over 20 years working as a counsellor, Tony Trimmingham cuts through the media hype and politicking to address the real issues facing the families and friends of someone struggling with addiction.

Filled with constructive suggestions and strategies, Not My Family Never My Child is aimed at supporting parents, family members and loved ones of drug users and the users themselves through the difficult journey of drug dependency. It includes detailed information on: warning signs, early intervention, coping and survival strategies, treatment and where to go for additional advice and support.

Not My Family Never My Child is an invaluable tool that will help families and friends cope with and get through the trauma, guilt and challenges of supporting someone struggling with drug addiction.

The Sick Bug

<http://thesickbug.com/index.php>

Susie Bazil, Shawn McCann

In this delightful and amusing story, little Tess doesn't feel well. When her Mom says she has "a bug," Tess becomes concerned, believing that she may have an actual insect inside her body. Mom goes on to clarify that Tess's type of bug is a "sick bug," and she gives fun and imaginative descriptions of the creatures, explains how they affect a little one's body, and, most importantly, advises how to get rid of them.

This is a timeless story that will appeal to children and adults alike. The clever rhyming dialogue between a mother and daughter captures a child's wide-eyed innocence and endless imagination, as well as the patience and empathy of a parent comforting a sick one. The Sick Bug is a whimsical tale complete with vivid and captivating illustrations that bring the "sick bugs" and their bug world to life. At the same time, it leaves readers with a simple but true message for how to get better. Sure to bring a smile even when under the weather!

