



Books and Videos about Empathy & Resilience

Available in the Family Resource Center

Books for Adults:

Blessing of a B minus: using Jewish teachings to raise resilient teenagers / Wendy Mogel, 2010

Blessing of a skinned knee: using Jewish teachings to raise self-reliant children / Wendy Mogel, 2001

Building resilience in children and teens: giving kids roots and wings / Kenneth R. Ginsburg with Martha Jablow, 2015

Friends forever: how parents can help their kids make and keep good friends / Frad Franke. 2010

Helping teens handle tough experiences: strategies to foster resilience / Tamar E. Chansky, 2008

Optimistic child: a proven program to safeguard children against depression and build lifelong resilience / Martin E.P. Seligman, 2007

Raising kids to thrive / Kenneth R. Ginsburg, Ilana Ginsburg and Talia Ginsburg, 2015

Raising resilient children: fostering strength, hope, and optimism in your child / Robert Brooks & Sam Goldstein, 2001

Raising resilient children with autism spectrum disorders: strategies for helping them maximize their Strengths, cope with adversity, & develop a social mindset / Robert Brooks & Sam Goldstein, 2012

Resilient family: living with your child's illness or disability / Paul W. Power & Arthur Dell Orto, 2003

Sticks and stones: defeating the culture of bullying and rediscovering the power of character and empathy / Emily Bazelon, 2013

Views from our shoes: growing up with a brother or sister with special needs / edited by Donald Meyer, 1997

Books for Children:

All kinds of friends, even green / Ellen B. Senisi, 2002

All the colors we are: the story of how we get our skin color / Katie Kissinger, 2014 (also in Spanish)

Autism acceptance book: being a friend to someone with autism / Ellen Sabin, 2006

Different croaks for different folks: all about children with special learning needs / Midori Ochiai, 2006

Do unto otters: a book about manners / Lauri Keller, 2009

Fasten your seatbelt: a crash course in Down syndrome for brothers and sisters / Brian G. Skotko, 2009

Marshall the miracle dog: a picture book based on a true story / Cynthia Willenbrock, 2012

My brother is very special / Amy Glorioso May, 2004

My friend has Down syndrome / Jennifer Moore-Mallinas, 2008

My friend with autism / Beverly Bishop, 2011

Rainbow of friends / P.K. Hallinan, 2005

Russell's world: a story for kids about autism / Charles A. Amenta, 2011

Share and take turns / Comparte y turna / Cherie J. Meiners, 2014

Special needs acceptance books / being a friend to someone with special needs / Ellen Sabin, 2007

This is me: a story of who we are & where we came from / Jamie Lee Curtis & Laura Cornell, 2016

Tibby tried it / Sharon & Ernie Useman, 1999

To be me: understanding what it's like to have Asperger's syndrome / Rebecca Etlinger, 2005

Todos los colores de nuestra piel: la historia de por que tenemos diferentes colores de piel / Katie Kissinger, 2014

What if everybody did that? / Ellen Javernick, 2010

When I care about others / Cornelia Maude Spelman, 2002

Online Videos:

Understanding Empathy by Dr. Brené Brown, 2015:
<https://www.youtube.com/watch?v=jbXmVo7CXMo>

<p>Family Resource Center Saint Louis Children's Hospital, Room 3S-12. Monday - Thursday 8:30 a.m. - 7 p.m. Friday 8:30 a.m. - 4:30 p.m. Saturday 10:00 a.m. - 2:00 p.m. Contact us at 314.454.2350 or frc@bjc.org</p>
