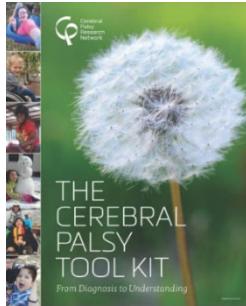


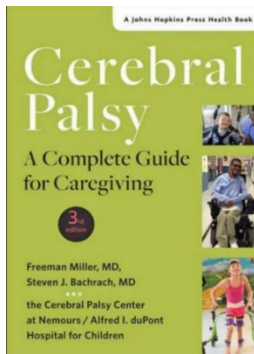
Books for parents and caregivers with children who have cerebral palsy

Medical books



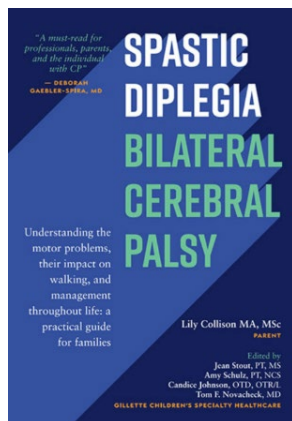
Cerebral Palsy Toolkit: From Diagnosis to Understanding By Michele P. Shusterman (2015)

This tool kit was created to help you sort through the initial emotions in response to your child or lived one receiving a diagnosis of cerebral palsy (CP) and to answer your questions and concerns related to CP. It will guide you through the initial diagnosis period, direct you to other helpful resources and provide information to you about the different approaches to treating and managing CP.



Cerebral Palsy: A Complete Guide for Caregiving (A Johns Hopkins Press Book), By Freeman Miller (2006)

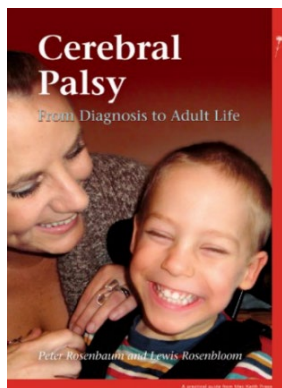
Written by a team of medical experts on cerebral palsy (CP), this book provides parents and families with answers to nearly every question they could have regarding CP. It's organized into three parts, with all sections providing an equal wealth of information to parents or caregivers on aspects such as nutrition, mobility and assistive devices.



Spastic Diplegia Bilateral Cerebral Palsy By Lily Collison (2020)

An empowering and evidence-based guide for living a full life with spastic diplegia-bilateral cerebral palsy. This book addresses how spastic diplegia develops over the lifespan and explains the evidence-based and best-practice treatments. It empowers parents of young children, and adolescents and adults with the condition, to become better advocates and co-decision makers in the medical process. It focuses on maximizing activity and participation.





Cerebral Palsy: From Diagnosis to Adulthood

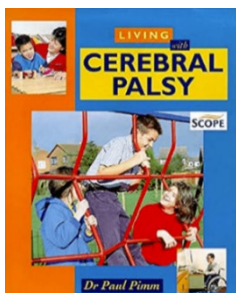
By Peter Rosenbaum and Lewis Rosenbloom (2021)

Provides a comprehensive, yet accessible and readable overview of cerebral palsy (CP) across the lifespan. Anyone who treats or loves someone with CP can benefit from the content of this book. The provide information on the cause, treatment and management of CP as well as how to maximize inclusion, support and participation across the lifespan.



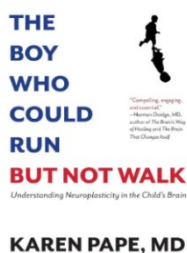
Children & Youth with Complex Cerebral Palsy: Care & Management, Edited: Laurie J. Glader, Richard D. Stevenson(2021)

A guide written for clinicians and families focussing on complex cerebral palsy, primarily GMFCS IV and V. It's a helpful tool for medical management across the lifespan of your child.



Living with Cerebral Palsy, By Dr. Paul Pimm (2022)

Describes the varying effects of cerebral palsy (CP), how different people manage to live with this condition and where to get more information.



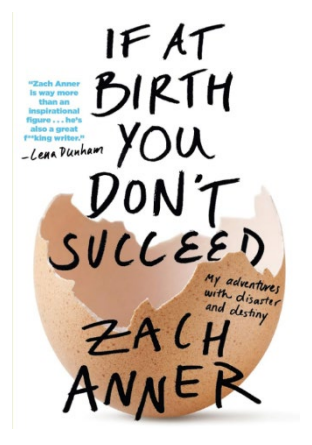

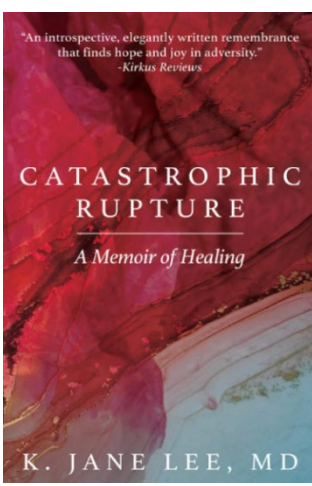



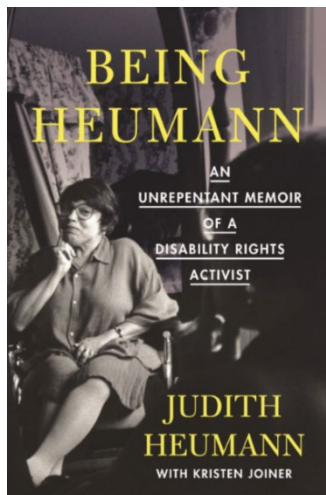
The Boy Who Could Run But Not Walk: Understanding Neuroplasticity in the Child's Brain, By Karen Pape, MD (2021)

Dr. Karen Pape tells the story of how some children with early brain damage astounded everyone around them. The brain injury they suffered at or near birth had led to motor problems such as the awkward gait we associate with cerebral palsy. Yet they were able to run, kick a soccer ball, tap dance, and play tennis. Now, this book shows that children with a brain injury at or near birth can get better, too.



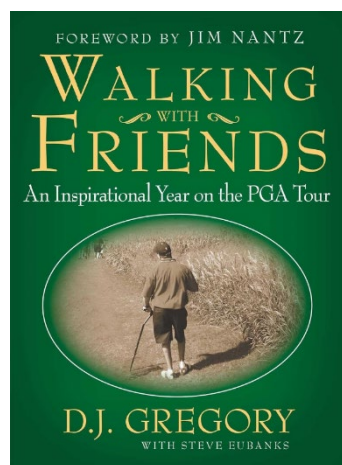
Autobiographies and Biographies

	<p>Pure Grit, By Lily Collison & Kara Buckley (2021)</p> <p>19 people from across the globe, ranging from 20-70+ years old, tell their stories of living and thriving in diverse fields.</p> <p>These are not stories of people overcoming disability – they’re stories of people accommodating disability while pursuing their dreams. “Pure Grit” shines a light on boundless possibility whatever the individual challenge.</p> 
	<p>If at Birth you Don't Succeed: My Adventures with Disaster and Destiny, By Zach Anner (2016)</p> <p>Hilarious, irreverent and heartfelt memoir about finding your passion and your path even when it's paved with epic misadventure. This is the unlikely but not unlucky story of a man who couldn't safely open a bag of Skittles, but still became a fitness guru with fans around the world. You'll laugh, you'll cry, you'll fall in love with the Olive Garden all over again, and learn why cerebral palsy is, definitively, “the sexiest of the palsies.”</p> 
	<p>Catastrophic Rupture, By Jane Lee (2021)</p> <p>Jane Lee is a pediatric critical care physician and an ethicist. Had a complicated delivery that left her second child with a severe brain injury. This book allows the reader to walk alongside the author as she struggles to bond with and love her child, as she reconciles what is happening at home with her ongoing role as a physician to patients and families in similar circumstances, and as she shifts from the medical perspective of disability that sees an impaired body to the mother's perspective that sees the beauty and value in the person that is her child.</p> 



Being Heumann: An Unrepentant Memoir of a Disability Right Activist, By Judith Heumann with Kristen Joiner (2021)

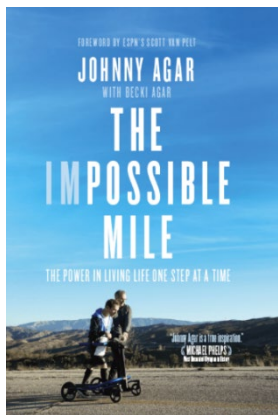
Recounts Judy Heumann’s lifelong battle to achieve respect, acceptance, and inclusion in society. As a young woman, Judy rolled her wheelchair through the doors of the US Department of Health, Education, and Welfare in San Francisco as a leader of the Section 504 Sit-In, the longest takeover of a governmental building in US history. Working with a community of over 150 disabled activists and allies, Judy successfully pressured the Carter administration to implement protections for disabled peoples’ rights, sparking a national movement and leading to the creation of the Americans with Disabilities Act.



Walking with Friends: An Inspirational Year on the PGA Tour By D.J. Gregory (2021)

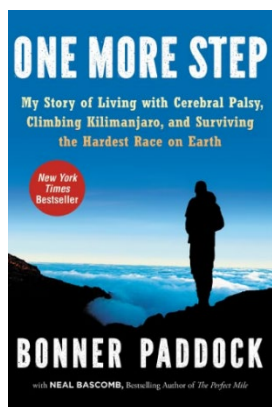
D.J. Gregory, a thirty-yearold who has cerebral palsy, describes his year of traveling with the PGA tour and walking every course. For D.J., this experience has been the fulfillment of a lifelong dream as well as a search for inspiration, but it has also become a source of inspiration for countless others. At each of the PGA Tour events, D.J., with the help of a cane, walks the course and counts each step (and each fall) alongside a different golfer. Filled with detailed descriptions of the courses and tournaments as well as revealing conversations with players, Walking with Friends is a one-of-a-kind story about tough lies, majestic greens, colorful characters, and the walk of a lifetime.





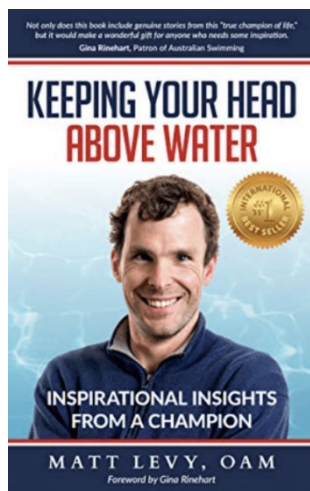
The Impossible Mile: The Power of Living One Step at a Time By Johnny Agar (2021)

An incredible story of Johnny Agar, born with cerebral palsy and whom doctors thought would never walk, overcoming the odds to compete in Ironman triathlons. Featured on ESPN, NBC Nightly News, The Today Show, and other media outlets, Johnny delivers a moving memoir that is a testament to the power of family, faith, and extraordinary courage.



One More Step By Neal Bascomb (2021)

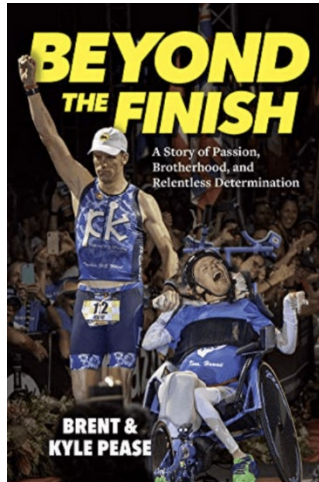
In this exhilarating and inspirational memoir, the first man with cerebral palsy to climb Mount Kilimanjaro and complete the brutal Ironman competition shares the exhilarating adventure that led to his achievements—redefining our ideas of normal and proving that life is never truly limited for any of us.



Keeping Your Head Above Water: Inspirational Insights From a Champion, By Matt Levy (2021)

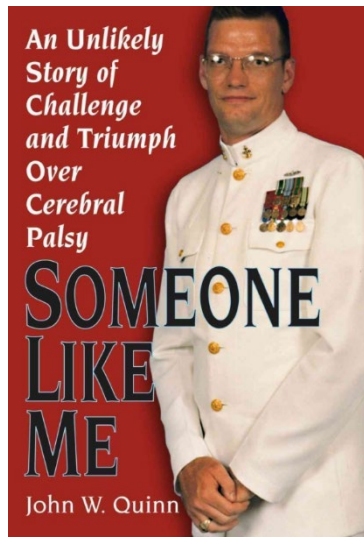
Born premature Matt Levy was thrown into the world and given two choices: to sink or to swim. Beating all the odds, he emerged as a Paralympic Gold Medallist, public speaker, and a business manager—all due to a mindset shift he experienced fighting for life at the bottom. In his book 'Keeping Your Head Above Water' Matt details how his perceived shortcomings led him to discover his unique strengths. Travel by Matt's side as he blazes his trail to greatness. As his companion, you will learn how to stop comparing yourself to others, capitalize on your talents, and stay focused as you charge forward.





Beyond the Finish, By Brent & Kyle Pease (2021)

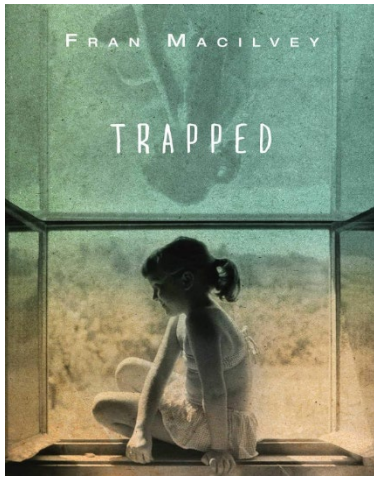
Kyle was diagnosed with cerebral palsy as a child. Upon witnessing his brother Brent compete in his first IRONMAN, Kyle asked Brent a life-changing question: "Can people in wheelchairs do IRONMAN?" These two brothers go on to compete in IRONMAN competitions around the world. A memoir that interweaves both their perspectives, Kyle and Brent recount the experiences that shaped the strength, tenacity, and undying bond that has resonated between them since childhood.



Someone Like Me: An Unlikely Story of Challenge and Triumph

Over Cerebral Palsy, By John W. Quinn (2021) As a child, John Quinn had a dream of a naval career despite his affliction with cerebral palsy. After failing the physical exam, he underwent painful, self applied physical therapy for one year then successfully passed a second exam. He kept his cerebral palsy a secret from the record- keepers and medical authorities for 20 years. He had a distinguished and highly decorated career despite the pain he endured to appear normal. He served on board destroyers, a battleship, two aircraft carriers and functioned as an administrator for a Seal unit. The outside world also impacted on him further aggravating his CP when he was challenged by alcoholism and excessive grief caused by the suicide of a brother. With help, John Quinn triumphed over both, as he did the painful cerebral palsy.





Trapped: My Life with Cerebral Palsy

By Fran Macilvey (2016)

Living in the Belgian Congo with her husband in the 1960s, Fran's mother became pregnant with a daughter. However, right after she gave birth in the hospital, she felt strange. Unbeknownst to anyone, another daughter was on the way, but before anybody responded, an hour had passed. Because of the delay, Fran was born with cerebral palsy. Growing up with her siblings in Africa, Fran always felt different.

When everyone else was playing and having fun, she would watch and wish she could join in. After the family moved to Scotland and Fran grew older, her hurt turned into anger, self-hatred, and suicidal depression. Then one day, someone looked at her and saw a woman to love, and that was the start of her journey to self-acceptance.



Thorn In My Flesh: Overcoming Cerebral Palsy

By Samantha Matthews (2023)

Samantha Matthews was born in Texas in 1996. Not long after her birth, she was diagnosed with cerebral palsy. As a child living with this disability, she had to learn how to overcome many obstacles in life. As the years progress, she grew in determination and resilience to live her best life. Everyone has their struggles and challenges in life. It can be difficult to get people to see the person behind a disability. By the age of 15 years old, she accepted Jesus Christ as her Lord and Savior. This changed the course of her thinking and started her lifelong journey in the Lord. It wasn't until the age of 22, she discovered the Holy Spirit. It was at this point, the power of God flooded her like a roaring lion creating another warrior for God's Army. No one should have to go through anything alone. This is her journey!



This list is provided for your convenience and Cook Children's Health Care System doesn't recommend or endorse any specific product. Your healthcare provider may give you special instructions.

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