

Arc Guide

Talking About Disabilities With Your Child



Children often have questions about disabilities. Here are some tips for talking about disabilities.

- People with disabilities are people first. Using people first language is often preferred. For example, saying “he has autism” instead of “that autistic kid”.
- People with disabilities should be treated with respect.
- It is ok and natural for children to have questions about disabilities and for them to ask those questions.
- Talk with your child about the fact that we all do things differently. People with disabilities may walk or talk or listen differently than they do, but they are still people and should be treated as individuals.
- Be open and honest with your child about disabilities.
- Kids with disabilities play, learn and have fun like other kids.
- Kids with disabilities need and want friends, and don’t need people to feel sorry for them.

Reading a book together can be a great way to talk with your child about disabilities. Here is a list of some books for kids about disabilities. Titles with an * are available in the Arc Greater Twin Cities Resource Center.

- All About My Brother by Sarah Peralta
- All Kinds of Friends, Even Green by Ellen Senisi *
- Amazingly...Alphie by Roz Espin
- Avalanche on the Prairie by Grant McKenzie *
- Blue Bottle Mystery : An Asperger's Adventure by Kathy Hoopmann
- Brotherly Feelings: Me, My Emotions, and My Brother With Asperger’s Syndrome by Sam Frender
- Eddie Enough! By Debbie Zimmert *
- Friends in the Park/Amigos en la Escuela by Rochelle Bunnett
- How Smudge Came by Nan Gregory
- I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism by Elaine Larson
- I Can, Can You? By Marjorie Pitzer
- I Can’t Stop!: A Story about Tourette Syndrome by Niner/Treatner
- Ian’s Walk: A Story about Autism by L Ritz
- Joey Pigza Swallowed the Key by Jack Gantos
- Moses Goes to School by Isaac Millman
- My Friend Isabelle by Eliza Woloson *
- My Pal Victor/Mi amigo, Victor by Diane Gonzales Bertrand
- Nobody’s Perfect by Marlee Matlin & Doug Cooney
- Rolling Along by Jamee Riggio Heelan
- Rules by Cynthia Lord
- Taking Autism to School by Andreanna Edwards *
- Thank You Mr. Falker by Patricia Polacco
- The Best Worst Brother by Stephanie Stuver-Bodeen
- The Sound of Colors: A Journey of the Imagination by Jimmy Liao
- We’ll Paint the Octopus Red by Stephanie Stuver-Bodeen *
- Why Do You Do That? A Book about Tourette Syndrome for Children and Young People by Uttom Chowdhury & Mary Robertson
- Zoom! By Robert Munsch

For further information or advocacy services, contact Arc Greater Twin Cities at 952-920-0855 or visit www.arcgreatertwincities.org. Tell us what you think about this Arc Guide. Please complete a short survey online at <http://arcgreatertwincities.org/resources.aspx>. Thank you!