

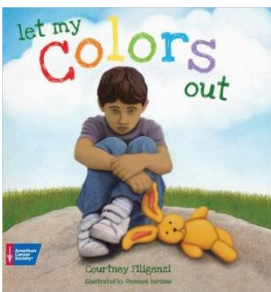
Book Recommendations: Caregiver Sickness



Grandma

By Jessica Shepherd

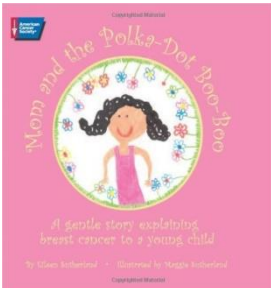
Told in diary form, this is the story of how one child's Grandmother has to go into care. The change is unsettling, but there are many positives to draw from a touching and heartfelt relationship. – *Amazon*



Let My Colors Out

By Courtney Filigenzi

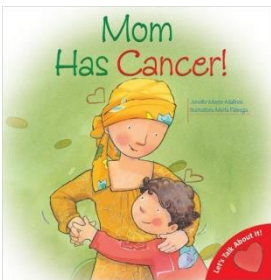
In *Let My Colors Out*, a young child is dealing with his mom's diagnosis and treatment of cancer. He experiences a range of emotions—scared, sad, jealous, feeling fine, denial, anger—that together form a rainbow of hope through this critical time. - *Amazon*



Mom and the Polka-Dot Boo-Boo

By Eileen Sutherland

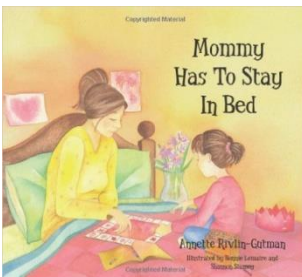
An informative and reassuring story, this book helps families talk about breast cancer, gently preparing children for what lies ahead in the weeks and months following their mother's diagnosis. - *Amazon*



Mom Has Cancer! (Let's Talk About It)

By Jennifer Moore-Mallinos

This book points out that a diagnosis that Mom has cancer is as frightening for her children as it is for her. The story describes such a situation, helping kids understand how Mom requires special medical care on her path toward regaining health. – *Amazon and Sarasota County Library*

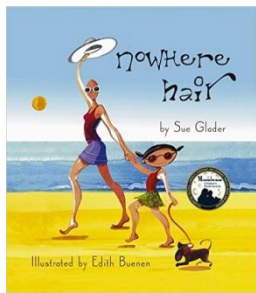


Mommy Has To Stay In Bed

By Annette Rivlin-Gutman

Mommy Has to Stay in Bed is for young children who are faced with the trauma of having a parent on bed rest. In this rhythmic and sensitive story, mother and daughter find ways to cope with feelings of frustration and boredom. – *Amazon*

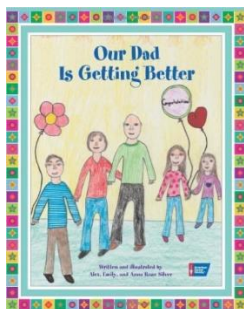
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Nowhere Hair: Explains your cancer and chemo to your kids

By Sue Glader

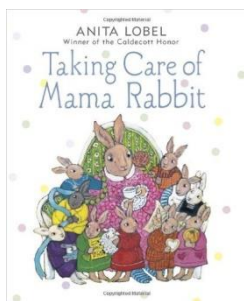
The little girl in NOWHERE HAIR knows two things: Her mom's hair is not on her head anymore, so therefore it must be somewhere around the house. After searching the obvious places, the story reveals that her mother, although going through cancer treatment, is still silly, attentive, happy and yes, sometimes very tired and cranky. – *Amazon*



Our Dad Is Getting Better

By Alex, Emily and Anna Rose Silver

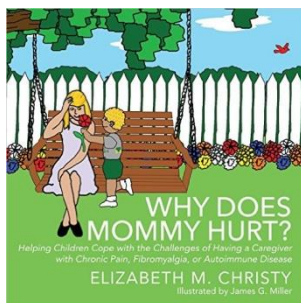
Written for children whose parents are cancer survivors, this thoughtful and engaging book address important survivorship issues to help families move on after treatment ends. Containing a message of hope and healing, the topics include the possibility of recurrence, continued fatigue, pain, and other symptoms, exercise and diet, proper rest and sleep, and returning to work and social life. - *Amazon*



Taking Care of Mama Rabbit

By Stephen Huneck

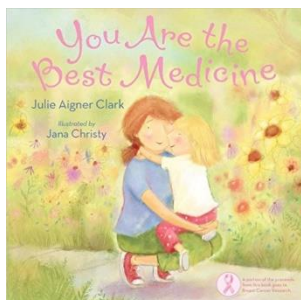
Mama Rabbit is too sick to leave her bed. Poor Mama! When Papa Rabbit leaves home to get her some medicine, the ten little rabbit children take it upon themselves to help her feel better. – *Amazon and Sarasota County Library*



Why Does Mommy Hurt?

By Elizabeth M. Christy

The children of people with chronic illness and pain suffer quietly. "Why Does Mommy Hurt?" is a joyful, yet honest, portrayal of family life burdened with chronic illness. – *Amazon*



You Are the Best Medicine

By Julie Aigner Clark

A mother who has cancer gently informs her child of what the effects will be, and reminds her little one of all the special times they have shared, and will continue to share, even while she undergoes treatment. – *Sarasota County Library*