

Caregiver Supports

[Self-Care for Caregivers: A Practical Guide to Caring for You While You Care for Your Loved One: White, Susanne: 9781507218396: Books - Amazon.ca](#)

[Caregivers' Journal: Taking care of yourself while taking care of others: Lee, Erin: 9781477454244: Books - Amazon.ca](#)

[Watering the Soul: A 91-Day Purposeful Self-Care Journal for Caregivers: Gooch, LPC/MHSP, Keli: 9781094923925: Books - Amazon.ca](#)

Journals

[Present, Not Perfect: A Journal for Slowing Down, Letting Go, and Loving Who You Are: Chase, Aimee: 9781250147752: Books - Amazon.ca](#)

[Present, Not Perfect for Difficult Times: A Journal for Hope, Healing, and Comfort: Chase, Aimee: 9781250228789: Books - Amazon.ca](#)

[Start Where You Are: A Journal for Self-Exploration: Patel, Meera Lee: 9780399174827: Books - Amazon.ca](#)

[Create Your Own Calm: A Journal for Quieting Anxiety: Patel, Meera Lee: 9780593084144: Books - Amazon.ca](#)

[Made Out of Stars: A Journal for Self-Realization: Patel, Meera Lee: 9780143131588: Books - Amazon.ca](#)

[Wreck It Journal: A Fun and Challenging Creative Book for All Ages, Promoting Stress Relief and Anxiety Reduction: Farris, Leah M: 9798856685410: Books - Amazon.ca](#)

[Our NICU Journey, 9 Week Diary: Neonatal Intensive Care Unit Journal for Mom's | The Premie Parent's Companion | Tracking Daily Activities of Babies in the NICU: Journals, Mellanie Kay: 9781087301921: Books - Amazon.ca](#)

[NICU Journal A 9 week Neonatal Intensive Care Unit Notebook: A Prompt Journal for Parents to Track the Progress of Their Baby While In the Neonatal Intensive Care Unit : Journals, Mellanie Kay: Amazon.ca: Books](#)

[NICU Journal For Twins: Twin Warriors Are Small But Mighty | A 90 Day Twin NICU Journal To Document Your Journey Both In the NICU AND/OR At Home: Mania, Multiples: 9798621916497: Books - Amazon.ca](#)

[NICU Journal For Twins, A Nine Week Neonatal Intensive Care Unit Notebook: Our NICU Journey | Journal for Moms | The Premie Parent's Companion | Tracking Your Child's Daily Activities While in the NICU | Celebrate the Special Moments: Journals, Mellanie Kay: 9781687702159: Books - Amazon.ca](#)

[The Pocket Scavenger : Smith, Keri: Amazon.ca: Books](#)

General Info Books – there is a whole series for kids and a few examples are listed below:

[Cardiology for Kids: A Fun Picture Book About the Cardiovascular System for Children \(Gift for Kids, Teachers, and Medical Students\): Pham MD, Brandon, Nguyen, Betty: 9781957557038: Books - Amazon.ca](#)

[Neurology for Kids: A Fun Picture Book About the Nervous System for Children \(Gift for Kids, Teachers, and Medical Students\): Nguyen, Betty, Pham MD, Brandon: 9781957557021: Books - Amazon.ca](#)

[Gastroenterology for Kids: A Fun Picture Book About the Gastrointestinal System for Children \(Gift for Kids, Teachers, and Medical Students\): Pham MD, Brandon, Nguyen, Betty, Jenkins MD, Timothy: 9781957557045: Books - Amazon.ca](#)

[Nephrology for Kids: A Fun Picture Book About the Kidneys and Renal Physiology for Children \(Gift for Kids, Teachers, and Medical Students\): Pham MD, Brandon, Nguyen, Betty: 9781957557083: Books - Amazon.ca](#)

[Orthopedic Surgery for Kids: A Fun Picture Book About Bones, Muscles, and Joints for Children \(Gift for Kids, Teachers, and Medical Students\): Pham MD, Brandon, Nguyen MD, Betty, Leonard MD, Dana: 9781957557113: Books - Amazon.ca](#)

[Radiology for Kids: A Fun Picture Book About X-rays, CT, MRI, and Ultrasound for Children \(Gift for Kids, Teachers, and Medical Students\): Pham MD, Brandon, Nguyen, Betty, Mongan MD PhD, John: 9781957557090: Books - Amazon.ca](#)

[Psychiatry for Kids: A Fun Picture Book About Mental Illnesses and Developmental Disabilities for Children \(Gift for Kids, Teachers, and Medical Students\): Nguyen MD, Betty, Pham MD, Brandon, Goodman MD MBA, Jake: 9781957557182: Books - Amazon.ca](#)

[Urology for Kids: A Fun Picture Book About the Urinary Tract for Children \(Gift for Kids, Teachers, and Medical Students\): Pham MD, Brandon, Nguyen MD, Betty, Palvolgyi MD, Roland: 9781957557137: Books - Amazon.ca](#)

[Hematology and Oncology for Kids: A Fun Picture Book About the Blood and Cancer for Children \(Gift for Kids, Teachers, and Medical Students\): Pham MD, Brandon, Nguyen MD, Betty: 9781957557151: Books - Amazon.ca](#)

The Abilities in me Series: All the books in these series are amazing and would be great to have at least one of each, but the ones most asked for are :

[The abilities in me: Tube Feeding : Keir, Gemma, Walker-Parker, Adam: Amazon.ca: Books](#)

[The abilities in me: Tracheostomy : Keir, Gemma, Walker-Parker, Adam: Amazon.ca: Books](#)

Other books to help understand being in the hospital or seeing a doctor:

[Going to the Doctor: A Toddler Prep Book: ReadySetPrep: 9798421481096: Books - Amazon.ca](#)

[Going to have Surgery: A Toddler Prep Book: ReadySetPrep: 9798353661153: Books - Amazon.ca](#)

[All About the Intensive Care Unit: How to Prepare Kids for an ICU Visit: Friesen, Alexandria, Livingstone, Morgan, Lima, Maria: 9781039134553: Books - Amazon.ca](#)

Sibling Support

[The abilities in me: Superstar Siblings : Keir, Gemma: Amazon.ca: Books](#)

[Billy's Sister: Life when your sibling has a disability: Leving, Jessica, Sfar, Wiem: 9798618220682: Books - Amazon.ca](#)

[Evely's Sister: A Project of The Center for Siblings of People with Disabilities: Diaz, Luna, Diaz, Tameka, Leving, Jessica: 9798796987667: Books - Amazon.ca](#)

[My Little Big Brother : Nelson, Richard, Yustiadi, A: Amazon.ca: Books](#)