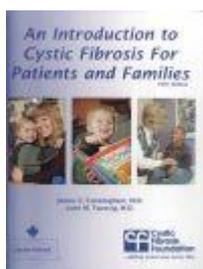


Practical Guides



An Introduction to Cystic Fibrosis for Patients and Families

CF Foundation, 2003

This book will help you learn more about CF. It will answer questions, clear up confusion, and tell you how you can learn more.



A Parent's Guide to Cystic Fibrosis (includes DVD)

CF Queensland, 2009

This manual is designed to provide parents of newly diagnosed children with basic information about CF and how best to manage it.



A Path Less Conventional

Michael E Morrison, 2008

As a person born with Cystic Fibrosis, though not defined by his illness, Michael E Morrison compares the results of Western medicine to those of alternative therapies.



Back To School - Are you a teen living with a chronic illness? - DVD

Starbright Foundation

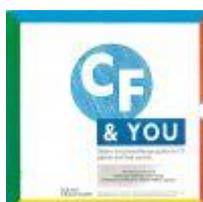
Hear from teens who have been there. Get the scoop on returning to school, communicating with your doctor and dealing with hospital stays.



Beginning CF Care - For Parents of Children with Cystic Fibrosis

CF Foundation, 2010

The information in this publication is especially written for parents of children younger than three who have just been diagnosed with CF Partnered by the publication Managing Nutrition & Digestive Problems.



CF & You - Dietary and Physiotherapy guides for CF patients and their parents.

Solvay Healthcare

To help you and your child understand the physiotherapy and dietary needs of CF. Two booklets aimed at children aged toddler - 12 years.



Cystic Fibrosis
and
Body Image



A collection of real life experiences
Written by people with CF for people with CF

Cystic Fibrosis and Body Image

A collection of real life experiences

Written by people with CF for people with CF

This booklet aims to look at the various areas related to CF which may impact on a person's body image, and as a result, their self esteem.



Cystic Fibrosis and
Relationships



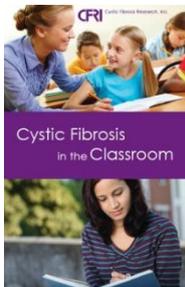
A collection of real life experiences
Written by people with CF and their partners

Cystic Fibrosis and Relationships

A collection of real life experiences

Written by people with CF and their partners

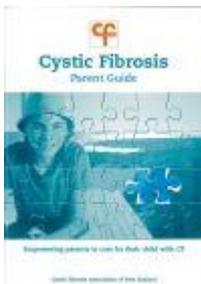
Discusses relationships, starting a family, and later stages of CF



CF in the Classroom

CFRI, USA

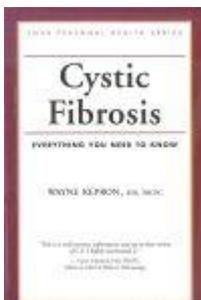
A useful resource for parents to assist teachers with understanding CF and its impact on the child in the classroom.



Cystic Fibrosis Parent Guide

CFANZ, 2005

Empowering parents to care for their child with CF.



Cystic Fibrosis - Everything You Need To Know

Wayne Kepron, 2004

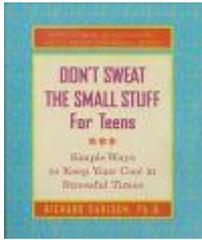
Dr Kepron explains this complex disease and the range of therapies available



Cystic Fibrosis - The Ultimate Teen Guide

Melanie Ann Apel, 2006

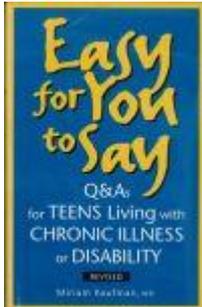
This book leaves no aspect of the disease untold, Based on interviews with people living with CF.



Don't Sweat the Small Stuff - For Teens

Richard Carlson

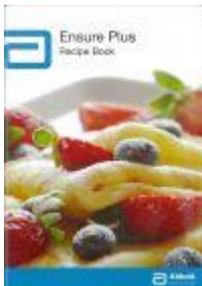
Simple ways to keep your cool in stressful times. How not to let the small things in life get you down.



Easy For You To Say

Miriam Kaufman, 2005

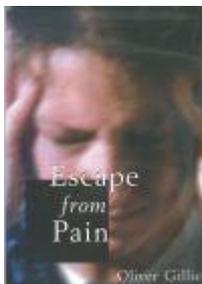
In this book, Dr Kaufman talks sensitively and factually about how to cope physically and emotionally with the limitations and differences imposed by chronic illness



Ensure Plus Recipe Book

Abbott

Easy and tasty ideas to make the most out of Ensure Plus supplement.



Escape from Pain

Oliver Gillie, 1997

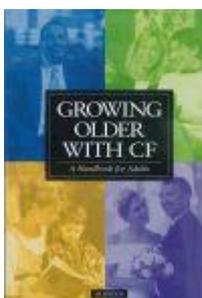
Designed to help increase your understanding of pain as a first step to finding ways to control it.



Good If Not Great Living With Lung Disease

Phil Petersen, 1999

Experiences, equipment usage and easy planning for adults and children with breathing problems.



Growing Older with CF - A Handbook for Adults

CF Trust, UK, 2000

Aims to bridge the gap in knowledge and understanding about what it means to be an adult who also happens to have CF. An adult who wants to lead as normal a working and social life as possible while still having to meet the demands of an intensive, time consuming and intrusive daily treatment schedule.



Growing Up with CF - A Guide for young people with CF aged 12 - 18 years

CF Trust, UK

(also available as a download)

Discusses CF in relation to teen years, puberty, and socialising.

Ministry of Social
Practical help for
ill health, a



A Guide for Carers

Development NZ, 2009

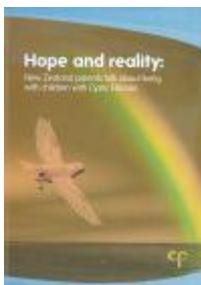
people caring for family or friends who are older or have disability or a mental health, alcohol or other drug issue.



He'll Be OK - Growing Gorgeous Boys Into Good Men

Celia Lashlie, 2005

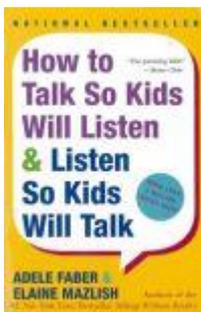
Celia reveals what goes on inside the world of boys, and with clarity and insight she offers parents practical and reassuring advice on raising boys to become good, loving, articulate men



Hope and Reality

Lois Tonkin, 2007

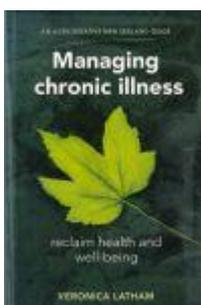
New Zealand parents talk about living with children with Cystic Fibrosis



How to Talk So Kids Will Listen & Listen So Kids Will Talk

Adele Faber & Elaine Mazlish

Bestseller book that will give you the know-how you need to be effective with your children. A down-to-earth, respectful approach that makes relationships with children of all ages less stressful and more rewarding.



Managing Chronic Illness

Veronica Latham, 2008

Advice and strategies on talking to medical professionals, managing medications, coping with hospital visits, and understanding and controlling pain. This books also looks at caring for children with chronic illness, natural therapies, understanding diet and nutrition, and other tips on how to live a healthier life.



Managing Cystic Fibrosis Through Communication

CF Family Education Series, USA

This series is aimed at parents to help them develop the skills to manage their child's CF with relation to communication, asking the right questions, giving the right information and expressing feelings. Staged from early childhood through to adolescence.



Managing Lung Problems in Cystic Fibrosis

CF Family Education Series, USA

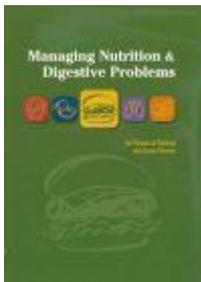
This series is aimed at parents to help them develop the skills to manage their child's CF with relation to lung problems, treatments, watching for infection and managing physiotherapy. Staged from early childhood through to adolescence.



Managing Nutrition & Malabsorption in Cystic Fibrosis

CF Family Education Series, USA

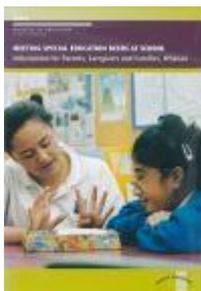
This series is aimed at parents to help them develop the skills to manage their child's CF with relation to nutrition, enzymes, malabsorption, monitoring growth & weight and the high calorie diet. Staged from early childhood through to adolescence.



Managing Nutrition & Digestive Problems - For parent of children with Cystic Fibrosis

CF Foundation, 2010

Information about nutrition, from using enzyme replacements to growth, potential problems and tips to solve them. Partnered by the publication Beginning CF Care.

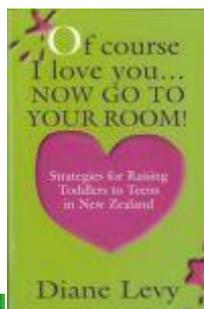


Meeting Special Education Needs at School

Ministry of Education NZ, 2002

Information for parents, caregivers and families, whanau about what is involved and the support and information services available.

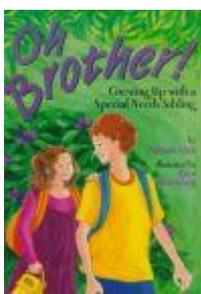
Of course I
Diane Levy,
Strategies for
stories to



love you... NOW GO TO YOUR ROOM!

2002

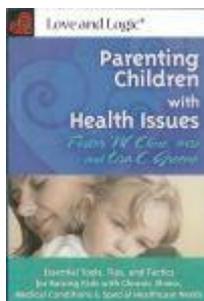
raising toddlers to teens in New Zealand. Diane relates demonstrate the practical details of parenting.



Oh Brother! growing Up with a Special Needs Sibling

Natalie Hale

Being the sibling of a child with special needs has special challenges. This helpful book is based on the experiences of a real-life family and discusses finding the right kind of friends, getting quality time with your parents, caring for your sibling without becoming another 'parent' and much more. Aimed at 8-13 years.



Parenting Children with Health Issues

Cline & Greene, 2007

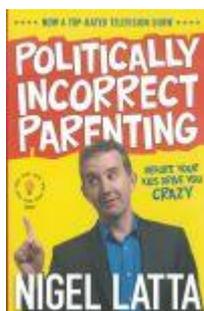
Essential tools, tips and tactics for raising kids with chronic illness, medical conditions and special healthcare needs.



Pathfinder He Aratohu

New Zealand CCS, 1999

Signposting the way forward for parents and caregivers of children with special needs

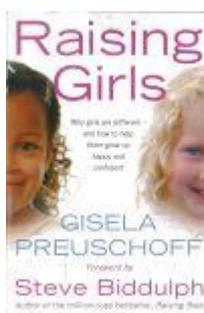


Politically Incorrect Parenting

Nigel Latta,

Why is it so hard to be the parent you thought you would be?

Practical commonsense answers and real life examples, logical and realistic strategies, and innovative behaviour modification tools in the real world.



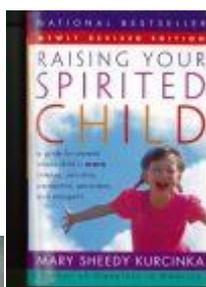
Raising Girls

Gisela Preuschoff, 2005

Why girls are different - and how to help them grow up happy and confident

Raising Your

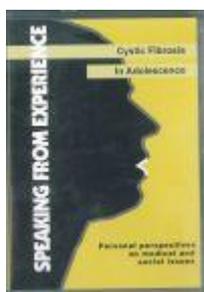
Mary Sheedy
A guide for perceptive,



Spirited Child

Kurcinka

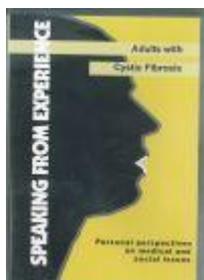
parents whose child is MORE... intense, sensitive, persistent and energetic.



Speaking From Experience - Cystic Fibrosis in Adolescence - DVD

Realtime Health, AUS

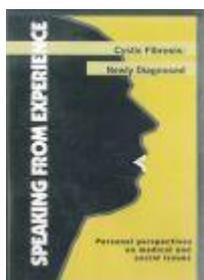
Features first-hand accounts from adol-escents who are living every day with the issues of Cystic Fibrosis



Speaking From Experience - Adults with Cystic Fibrosis - DVD

Realtime Health, AUS

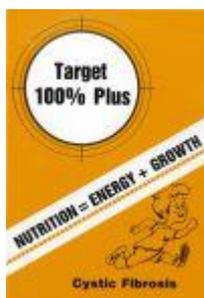
Features first-hand accounts from adults who are living every day with the issues of Cystic Fibrosis



Speaking From Experience - Cystic Fibrosis: Newly Diagnosed - DVD

Realtime Health, AUS

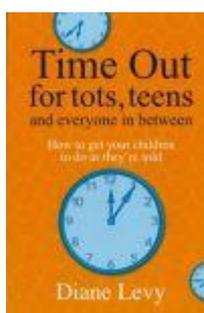
Features first-hand accounts from parents, grandparents, children with CF and siblings about their experience of diagnosis and the impact of CF on their lives.



Target 100% Plus

Various Contributing Authors, Cilag Ltd

Provides children and adults with CF and their families with information about why diet and nutrition are important in CF - and how good nutrition for the whole family can be adapted to meet the special needs of CF patients.

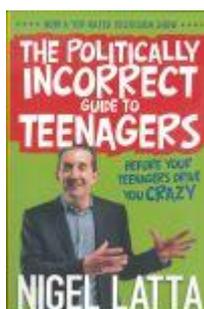


Time Out for tots, teens and everyone in between.

Diane Levy, 2007

How to get your children to do as they're told.

Diana explains how to use Time Out effectively.



The Politically Incorrect Guide to Teenagers

Nigel Latta, 2011

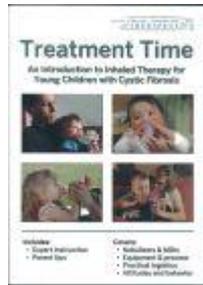
In this entertaining, informative and practical book, he shares all the secrets of surviving the teenage years alive and with sanity intact. This book shows you what to do using the basic principles and simple plans he would use if he saw your family.



Travel Guide for Cystic Fibrosis patients

Forest Laboratories, UK

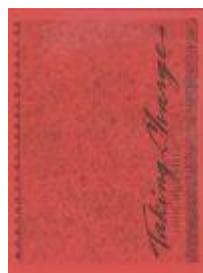
Intended for CF patients who want to get away and enjoy themselves - a goal achievable through proper preparation and a little guidance



Treatment Time - An Introduction to Inhaled Therapy for Young Children with Cystic Fibrosis - DVD

CF Foundation, USA, 2009

Introduces standard equipment and processes for using nebulisers and inhalers to administer inhaled medications to infants and young children



Taking Charge - Eating for Energy

CF Family Education Series, USA

The Taking Charge series follows on from the the children's and youth series, and is aimed at teenagers and beyond, developing the skills to manage their CF with relation to eating for growth, weight, energy and managing malabsorption.



Taking Charge - Caring for Your Lungs

CF Family Education Series, USA

The Taking Charge series follows on from the the children's and youth series, and is aimed at teenagers and beyond, developing the skills to manage their CF with relation to infection, treatments, physiotherapy and asthma



Taking Charge - Speaking Out

CF Family Education Series, USA

The Taking Charge series follows on from the the children's and youth series, and is aimed at teenagers and beyond, developing the skills to manage their CF with relation to the communication required, how to get and give good information.



Taking Charge - Solving Problems

CF Family Education Series, USA

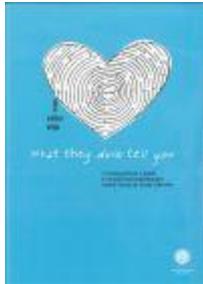
The Taking Charge series follows on from the the children's and youth series, and is aimed at teenagers and beyond, developing the skills to manage their CF with relation to two ways of coping: by solving problems, and dealing with feelings



Tube Feeding and Cystic Fibrosis - DVD

CF Foundation, USA

Good nutritional health is vital for people with CF. When eating is not enough, individuals of all ages can be supported with supplemental tube feeding. Patients and families talk candidly about the challenges and experiences.



What They Don't Tell You

Centre for Adolescent Health, AUS, 2007

A young person's guide to sexual and reproductive health issues in Cystic Fibrosis