

# Want a good JIA/ hospital book?

Helpful tips  
for  
parents by  
parents

Finding the right book can be tricky so we have included here some that have helped other families – each one comes with the age recommendation parents suggest, but you know your own child best so be guided by that!

Parents say: ‘Children with a health condition often like to find out more about hospitals and medical stuff in general. They might also enjoy watching or reading about children with other longer term medical conditions as it makes them feel less alone.’



## BOOKS

### Books about JIA for younger children

**‘JIA: The Abilities in Me’ by Gemma Keir**  
(ISBN 979-8691418242)

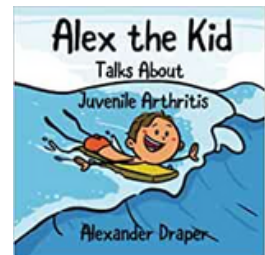
Excellent book for children – rhyming and nice bright colours. CCAA have helped with this one so we know the author and can highly recommend it!

Parents say: ‘Ages 3-8’ but could work for a 2 year old also.



**‘Alex the Kid: Talks about Juvenile Arthritis’ by Alexander Draper**  
(ISBN 978-1533585448)

Good to help children understand their diagnosis. Written in the US but still reads fine for UK children.



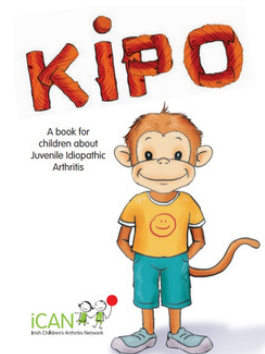
**‘Kipo’ by T Egert & R Vitman**

Kipo is a cute and friendly monkey who children will love. He helps explain JIA to children of all ages and there is information at the start of the book for parents too.

We first met Kipo after an introduction from our friends at the charity iCAN in Ireland who support children with arthritis there and you can download a copy from their website here:

<https://icanireland.ie/about-jia/kipo/>

It was originally written in Israel by some parents and is now translated into several languages!

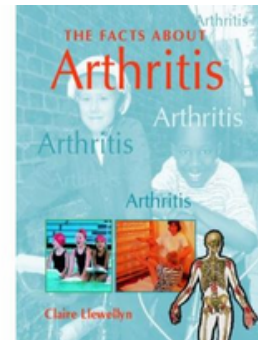


# BOOKS

Books about JIA for older children

**'The Facts About Arthritis'** by Claire Llewellyn  
(ISBN 978-1844582259)

A more factual book suitable for 10 years +



**'Medikidz Explain JIA: What's Up With Eleanor?'** by Dr K Chilman-Blair & S deLoache  
(ISBN 978-1906935771)

A cartoon style comic strip book for older children probably 10-13 years although some slightly younger children might enjoy it. Part of the Medikidz series.

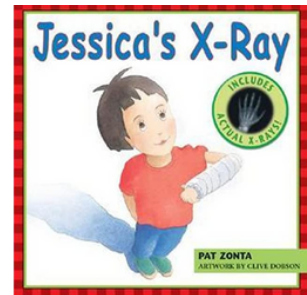


# BOOKS

## Other Books which might be useful for your child

### **'Jessica's X-Ray' by Pat Zonta** (ISBN 978-1552975770)

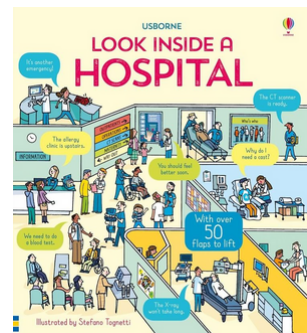
This one is lots of fun as it has 6 proper x ray pictures on acetate pages so feels very real! While it isn't specifically about JIA, it explains about the difference between different kinds of scans – X Ray, MRI and ultrasound which are most relevant to children with JIA as well as some others like CAT scans. Will appeal to children who want to understand more about what is happening to them – takes away some of the mystery and fear around these appointments.



Parents say: 'Ages 5-8 (although many found it fascinating themselves too!).'

### **'Look Inside A Hospital (Usborne)** (ISBN 978-1474948166)

Lift the flaps to find out what happens in a hospital and who works there. Not specific to JIA but will help familiarise sights and scenes to children who have to visit hospital themselves.

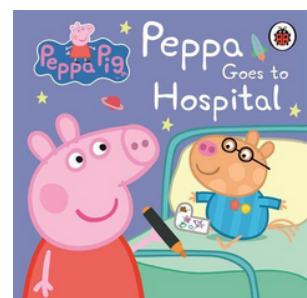


Parents say: 'Ages 2-8 years although there is too much detail for 2 year olds but they will still enjoy the flaps and pictures and get more out of it as they get older.'

### Parents also say

**Don't forget that many of the usual favourite characters have their very own hospital books.**

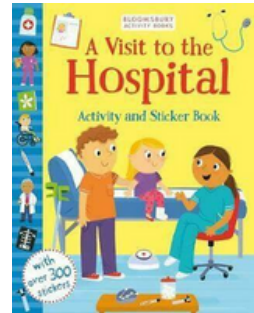
They are great for younger ones depending who is the flavour of the month!" Eg 'Peppa Goes To Hospital', 'Peppa Loves Doctors and Nurses', 'Topsy and Tim Go To Hospital', 'Paddington Goes to Hospital', 'Mr Men Little Miss Hospital', 'Maisy Goes to Hospital' etc!"



## OTHER RESOURCES

### Hospital sticker books - various

(It can vary what is in print at any time but it is always worth seeing what hospital sticker books are around to pass the time in the waiting room or before joint injections – who doesn't love a sticker?!)



### CCAA Resources

At CCAA we have produced 2 downloads called 'What is JIA?' – one for adults or older children and one for younger children featuring our characters Percy, Oli Poly and SJ. You can download these here on our website

#### What Is JIA? For Parents/carers

[www.ccaa.org.uk/wp-content/uploads/2020/12/JIA-leaflet-For-Parents\\_carers.pdf](http://www.ccaa.org.uk/wp-content/uploads/2020/12/JIA-leaflet-For-Parents_carers.pdf)

#### What Is JIA? For Children

[www.ccaa.org.uk/wp-content/uploads/2020/12/JIA-leaflet-for-children.pdf](http://www.ccaa.org.uk/wp-content/uploads/2020/12/JIA-leaflet-for-children.pdf)



### Other Charities

Many of the other JIA charities also have booklets available which explain JIA so it is worth checking in with them too!

- Versus Arthritis [www.versusarthritis.org](http://www.versusarthritis.org)
- JIA@NRAS <https://jia.org.uk>
- SNAC (Scottish Network of Arthritis in Children) [www.snac.uk.com](http://www.snac.uk.com)
- JAR Project [www.jarproject.org](http://www.jarproject.org)
- iCAN (Irish Children's Arthritis Network) <https://icanireland.ie>

**VERSUS**  
ARTHRITIS

**JIA**   
JUVENILE IDIOPATHIC ARTHRITIS

**snac**

**JAR**  
Juvenile Arthritis Research

**iCAN**   
Irish Children's Arthritis Network