

Finding the right book can be tricky so we have included some here 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!

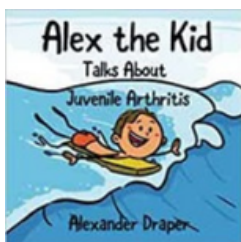
Parents say: ‘Children with a health condition often like to find out more about hospitals and medical stuff in general. They might also enjoy watching or reading about children with other longer term medical conditions as it makes them feel less alone.’



‘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!

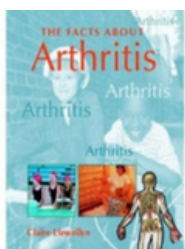
Parents say: Ages 3 to 8, but could work for a 2 year old also.



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

Alex is 7, enjoys doing fun things, and shares his “ups and downs” Good to help children understand their diagnosis. Written in the US but still reads fine for UK children.

Parents say: Suitable for younger readers.



‘The Facts About Arthritis’ by Claire Llewellyn (ISBN 978-1844582259)

Find out about the everyday lives of young people with arthritis and learn how they cope with their condition.

Parents say: A more factual book suitable for 9 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. Part of the Medikidz series.

Parents say: probably 10 to 13 years although some slightly younger children might enjoy it.



'Tosh's Island by Linda Sargent & Joe Brady

ISBN 978-1788453332

A heart-rending graphic novel of discovery, adversity, and the overwhelming healing powers of imagination and stories

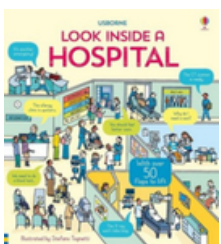
Parents say: Ages 8 to 12.



'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.'

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



They are great for younger ones, depending on who is the flavour of the month, below are some examples:

- Peppa Pig Goes to Hospital
- Peppa Loves Doctors & Nurses
- Topsy & Tim go to Hospital
- Paddington goes to Hospital
- Mr Men Little Miss Hospital
- Maisy Goes to Hospital



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 “What is JIA” Leaflets

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 from our [website](#).

Other Charities

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

Arthritis UK <https://www.arthritis-uk.org/>

JIA at NRAS <https://jia.org.uk/>

SNAC (Scottish Network of Arthritis in Children) www.snac.uk.com

Website : ccaa.org.uk

Email : info@ccaa.org.uk

Address : 53 Sherbourne Avenue, Nuneaton, CV10 9JH

The CCAA is a registered charity No. 1185378

