

There is much information available to help families with children and youth who have CFS/CFIDS/ME. We have listed here some of the best resources, arranged by topic. Each of these links will open in a new window so that you can easily return to this page to follow other links.

Some documents in this section may require Adobe Reader, which is available as a [free download](#) to be installed on your computer.

Editor's note: While these links were working at the time of publishing, other organizations may change their sites from time to time. If you find a link on this page that is not working, or is leading to a different page than indicated, please [contact us](#).

Understanding CFS/CFIDS/ME in youth—General information

- [CFIDS in Youth](#)—CFIDS Association of America

Diagnosis of CFIDS in youth

Until 2006 there were no internationally accepted criteria for CFS/CFIDS in children and adolescents. For adults there were several sets of criteria, somewhat competing, but with enough overlap to provide fairly reliable bases for diagnosis. The criteria for ME were somewhat more narrow but again with a fair amount of overlap with CFS. Without generally accepted criteria research studies can not be comparable so it was vital that there be such criteria for children and young adolescents— in whom the illness varies somewhat from that in adults. In 2006 Leonard Jason, PhD, together with a committee made up of physicians and researchers from several countries, published such pediatric criteria as a case definition, along with questionnaires for children and for parents to help arrive at a diagnosis. This was a very important step.

- [A Pediatric Case Definition for Myalgic Encephalomyelitis and Chronic Fatigue Syndrome](#)
Leonard A. Jason
et al
,
J. of Chronic Fatigue Syndrome
, 2006.

PDF file, requires Adobe Reader

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[Pediatric Case Definition](#)—this website

Fact Sheet

- [Chronic Fatigue Syndrome in Children and Adolescents Fact Sheet](#) —The New Jersey Chronic Fatigue Syndrome Association, Inc.

- [The ABCs of CFS for DYFS](#) —The New Jersey Chronic Fatigue Syndrome Association, Inc.

Impact of CFIDS on child and family

- [CFIDS Youth Family Issues](#)—CFIDS Association of America

- [Family and Friends: For Those Who Care](#)—CFIDS Association of America

- [My Life as a Parent of a Child with CFS](#) —Fibromyalgia Support Network, original article from The Pediatric Network

Coping in School

Educational Rights:

- [Educational Rights, Responsibilities and Options](#)—CFIDS Association of America

- [What Schools Need to Know About CFS](#) —CFIDS Association of America

- [School Accommodations for Kids with CFS and Related Illnesses](#) —Learning to Live with CFS

- [Example School Accommodations for Kids with CFS](#) —Learning to Live with CFS

For Kids:

- [A Guidebook By and For Young People with CFIDS \(YPWCs\)](#) —CFIDS Association of America

- [CFS in Youth Home Page](#) —CFIDS Association of America

For Parents:

- [Educating the Child with CFS](#) —Newsletter published by the New Jersey Chronic Fatigue Syndrome Association, Inc.

- [Parents Share Ideas For Educational Planning](#) —Fibromyalgia Support Network, original article from The Pediatric Network

- [The Emotions of Parenting a Child with CFS](#) —Fibromyalgia Support Network, original article from The Pediatric Network

- [Youth: Tips for Parents](#) —CFIDS Association of America

- *A Parent's Guide to CFIDS: How to Be an Advocate for Your Child With Chronic Fatigue Immune Dysfunction* , by David S Bell, Bonnie Floyd, Jean Pollard, and Mary Robinson (Hardcover - Mar 8, 1999)

- *Harnessing the Wind: Chronic Fatigue Syndrome and My Son*, by Shanon McQuown (Paperback - May 17, 2005)

For Teachers:

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[TEACH-ME: A SOURCEBOOK FOR TEACHERS OF YOUNG PEOPLE with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome \(ME/CFS\) and Fibromyalgia Syndrome \(FMS\)](#) by Dr. Bruce M. Carruthers with Dr. David S. Bell Second Edition, c 2005 (129 pp.).

This online booklet (National ME/FM Action Network) covers the basics of both ME/CFS and Fibromyalgia in young people: medical aspects, the impact of these illnesses on the young person and their family, the consequences to schoolwork and practical approaches to educational planning.

- [Tips for Classroom Teachers of Young People with CFIDS](#)—CFIDS Association of America
- [Recognizing and Assisting Students with CFS](#)—NJEA Review, October 2007
PDF file, requires Adobe Reader

For Nurses:

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[Reach Out to School Nurses](#) —CFIDS Association of America

Social Aspects

- [Helping Children with CFS Maintain Friendships](#) —Fibromyalgia Support Network, original article from The Pediatric Network

- [*Youth With Chronic Fatigue Syndrome \(CFIDS\) Can Spread Their Wings*](#) — ProHealth

More resources

[*A Son's Road to Recovery*](#)

[*Depression and a Success Story*](#)

[*Developmental Issues in Adolescents with CFIDS - A Parent's Thoughts*](#)

[*Planning Ahead for Next School Year*](#)

[*Teenage CFIDS - A Personal Story*](#)