

Books for Preschoolers (age 3-5)

- 1) Coleman, Owen. *Matthew Takes His Shot*. North Carolina: Pentland Press, 2001.

Matthew Takes his Shot is a story of a cuddly polar bear that has been diagnosed with diabetes. At first, Matthew is afraid of diabetes. He worries about taking daily shots of insulin. Matthew realizes that he can overcome those fears. He gains the courage to give himself his own shot while also “shooting” to win an ice jumping contest. He learns that anything is possible when you have confidence.

- 2) Dart, Michelle. *Danny, the Diabetes Dynamo*. Skaneateles: Ringo Publishing, 2012.

Danny, the Diabetes Dynamo is the first of a series of books that helps a child learn about diabetes care. The author uses the same medical words that the doctor will use. This helps the child become familiar with the terms. The book explains basic care at the child’s reading and developmental level. It talks about some of the challenges of having diabetes. When Danny has a hard time, he invites other children to share stories about their own lives through email and letters. The book shows how a child can use his imagination to cope with being diabetic and lead a normal life.

- 3) Deland, Maitland. *The Great Katie Discusses Diabetes*. Austin: Greenleaf Group Press, 2010.

Magical figures, The Great Katie Kate and Worry Wombat, help a newly diagnosed boy Andrew, deal with diabetes. Andrew is scared when first told something is wrong with him. He meets Worry Wombat. Then the Great Katie Kate takes Andrew on a ride into a human body. She shows Andrew what is happening to his body, how he can control his diabetes and how he can live like other children. Worry Wombat disappears when Andrew masters his own care. This is a great book to share at school. It teaches children about the human body and how sicknesses occur.

- 4) Gosselin, Kim. *Rufus Come Home*. Melville: Jayjo Books, 1998.

A child can feel lonely when first diagnosed with Diabetes. In this book, a mother buys her son Brian, a cuddly teddy bear for comfort. She sews patches onto the bear in the same spots where her son will get insulin shots and blood glucose tests. Brian now has his own “diabetic” bear to share feelings with.

- 5) Gosselin, Kim. *Trick or Treat for Diabetes: a Halloween Story for Kids Living with Diabetes*. Jayjo Books, 1999.

Sarah has diabetes. She is worried that she will not be able to enjoy Halloween if she can't eat candy like before. Sarah and her mother think of new and fun ways to enjoy Halloween. For example, Sarah trades some of her candy for money. She keeps a few special treats to use when her blood glucose is low. The book gives some helpful tips for school parties and trick-or-treating.

- 6) Kowalski, Sue. *Eddie's Tale: A Young Child's Introduction to Type 1 Diabetes*. Pacific Grove: Park Place Publications, 2011.

Eddie's Tale is about a kitten that is diagnosed with Type 1 diabetes. Eddie and his family meet with Dr. Whiskers who teaches Eddie and his family about diabetes. The doctor reassures Eddie that he can lead a healthy and happy life with diabetes.

- 7) Thomas, Pat and Leslie Harker. *Why am I so Tired? A First Look at Diabetes*. Hauppauge: Barron's Educational Series, 2008.

This book uses simple language and pictures to talk directly to the child with diabetes. It is organized by subjects instead of telling a story. The child can see him/her self taking insulin, checking blood glucose, following a diet, and seeing the doctor. There are questions kids can ask themselves about diabetes. The book lets the child know that diabetes isn't something that you grow out of. It urges kids to talk about their feelings with friends, family

and their medical team. Parents will find tips on how to use the book at the end.