

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.

Books for School-aged Children (Ages 5-12)

- 1) Block, Jed and Jeff Block. *The Best Year of My Life, Book 1: Getting Diabetes*. Jed Block, self-published, 1999.
The author's daughter was diagnosed with Diabetes Type 1 at age 7. He wrote this book in the voice of a girl the same age. His daughter Caitlin illustrated it. The book helps prepare children and families for the emotional challenges of being newly diagnosed with diabetes. Like Caitlin, children may be inspired to write and draw their own story as a way to cope.
- 2) 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. The book is recommended for younger children.
- 3) Gosselin, Kim. *Taking Diabetes to School*. JayJo Books, 2004.
This book is one of a series of books by Kim Gosselin. When Jason goes to school, he tells his classmates about his diabetes. They are told that they will not catch diabetes from him; he is like everyone else but has some different things to do during the day. His classmates learn about what to expect, signs of low blood glucose, and not to share food with him. Jason is on a special food plan. He tells them that he receives insulin shots but has a friend who has a pump. The book is simply written. At the end, you will find ten tips for teachers and a quiz for the class.
- 4) Karz, Zippora. *Ballerina Dreams: A Book for Children with Diabetes*. Zippy Books, self-published, 2013.
Zippy loved ballet. She worked hard to get the lead role in the show. Then she was diagnosed with diabetes and risked losing the spot. Zippy continued to dance. She was able to keep the lead role by showing that she could control her diabetes. The book has realistic pictures of insulin, syringes and things used to manage the disease.

- 5) Peacock, Carol Antoinette. *Sugar Was My Best Food: Diabetes and Me*. Park Ridge: Whitman and Company, 1998.

A 4th grade boy writes this true story to tell others his age about life with diabetes. Adair starts by revealing his feelings of fear and loneliness when he was first diagnosed. He tells us his reactions to each aspect of care. He misses being able to eat anything he wants and at any time. He is honest about the frustrations of having to stop what he is doing to check his blood glucose. He knows that his diagnosis has affected the entire family, his friends, and even the pets. Although Adair feels “different,” due to the huge changes in his life, he develops a positive attitude. Readers will like how genuine the book feels. Adair’s snail and email addresses and a promise to answer every letter appear at the end. This is a great book for children with this disease. It has won many awards.

- 6) Saraf, Sharon. *I Have Diabetes*. Bloomington: AuthorHouse, 2012.

Saraf writes a simple story about a young boy who is diagnosed with Type 1 Diabetes. The pictures look like they are colored by crayon. This helps the book look friendly and non-technical. The author’s main goal was to provide comfort and hope to a child who is newly diagnosed.

- 7) West, Tracey. *Bull’s Eye*. Disney Hyperion, 2019.(appropriate for tweens)

Type 1 diabetes: Logan Springfield has it, and he’s not pleased. He just wants to be a normal eight grader, but how can he do that when he’s not allowed to do any of the things he used to enjoy? Logan’s mother is overwhelmed. Learning about type 1 diabetes is tough, but she’ll do whatever she to keep her son safe. Logan’s dad just wants everything to be okay, and he’ll go to any lengths to make Logan feel normal again...even if it’s for only a few minutes. This is the story of one family’s journey form diagnosis to diaversary, and all the ups and downs in between.

Books for Teens (ages 13-18)

- 1) Betschart, Jean. *In Control: A Guide for Teens with Diabetes*. Hoboken: John Wiley and Sons Publishing, 1999.

This guide covers issues that teens with diabetes face. Topics include mood changes, junk or fast food, sex, and what and how to tell friends. The teen is also given help in knowing when they can take on more of their own care. This includes how to choose, talk to, and negotiate with their medical team. The information is current and honest.

- 2) Betschart, Jean. *It's Time to Learn about Diabetes: A Workbook on Diabetes for Children*. Hoboken: John Wiley and Sons Publishing, 2001.

Cartoon hosts Cindy and Mike, talk about everything a pre-teen needs to know about diabetes. Difficult medical words are left out. Words, pictures, and workbook exercises explain diabetic care at the level of the child. There are tips on healthy eating, sports, caring for diabetes at school, planning parties, and taking trips. This book emphasizes the positive. It provides a way for children to talk about their feelings. It is a good book for teachers to use in the classroom.

- 3) Betschart-Roemer. *Type 2 Diabetes in Teens: Secrets for Success*. Hoboken: John Wiley and Sons Publishing, 2002.

This book explains how a teen can live with Type 2 diabetes and live well. It starts by telling the teen that they are not alone. Through real life examples, teens are encouraged to make healthy choices. There are sections on how to keep blood glucose in control, how to deal with cravings, and how to find help when you need it. Some stories deal with dating and other things that a teen might be afraid to talk about with their parents. The book is clearly written and straight forward.

- 4) Coon, Nora. *The Diabetes Game*. Rewarding HealthSM, 2006.

The author, Nora Coon, writes about her own experience with Type 1 Diabetes. She was 17 when she wrote the book. Readers follow her journey through diagnosis and treatment, including using a pump. Nora describes her

challenges with staying focused and being “burned out.” She talks about sex, alcohol, driving, and negotiating with parents. Her issues are the same that most teens face. The book will help parents understand what their teen is going through.

- 5) Hood, Korey K. *Type 1 Teens: A Guide to Managing Your Diabetes*. Washington: Magination Press, 2010.

Here is a practical, straightforward guide for teens, written at their level. The author is a psychologist. Topics are introduced from a problem-solving point of view. Many chapters have sample scenarios and scripts of what to do in hard situations. Hood talks about dealing with school, friends, and parents as well as the stresses of dating, sex, drinking, and depression. She also discusses “burnout.” Teens are guided towards making healthy lifestyle choices a priority. The tools for “Putting it All Together,” are in the final chapter.

- 6) Loy, Spike Nasmyth and Bo Nasmyth Loy. *Getting a Grip on Diabetes: Quick Tips and Techniques for Kids and Teens*. Alexandria: American Diabetes Association, 2007.

This book offers lots of tips on how to be more independent with diabetes care. The authors were both diagnosed with Type 1 diabetes, one at age 6 and the other at age 7. They team up with their doctors to learn how take control of their health. They come to know the early signs and effects of poor blood glucose control. The format of the book is clear and friendly. It builds confidence in the reader. Make sure you purchase the most recent edition.

- 7) Moran, Katherine. *Diabetes: The Ultimate Teen Guide (It Happened to Me)*. Lanham: Rowman & Littlefield Publishing Group, 2004.

A book that talks about problems unique to teens. It gives teens confidence to manage and control their own diabetes. Moran believes that each person can learn to be calm and at peace, regardless of the obstacles they face. There is a whole chapter about routines and how to create them. Historical facts about diabetes are presented. The author stresses the need to balance exercise, a good diet, and good sleep. The book is geared to ages 16-19.

- 8) Parker, Katrina. *Living with Diabetes (Teen's Guides)*. New York: Infobase Publishing, 2008.

This is a guide written for teens to learn more about the nature of diabetes and the daily reality of living with it. It is a good resource to use if your teen, other family member, or a friend has been diagnosed. Differences between Type 1, Type 2, and prediabetes are explained. Legal rights are also covered. The back of the book lists helpful organizations, support groups, and other resources.

- 9) Wolpert, Howard, Barbara Anderson, and Jill Weissberg-Benchell. *Transitions in Care: The Challenges of Care in Young Adults*. American Diabetes Association, 2009.

This is a guide for teens, parents, and their health care provider to work together when the teen moves from a pediatrician to an adult care provider. It covers diabetic care, teen issues, and possible setbacks in the future. The format of the book shows the teen how to become self-reliant. There are tips on making decisions and setting goals.

- 10) West, Tracey. *Bull's Eye*. Disney Hyperion, 2019

Type 1 diabetes: Logan Springfield has it, and he's not pleased. He just wants to be a normal eight grader, but how can he do that when he's not allowed to do any of the things he used to enjoy? Logan's mother is overwhelmed. Learning about type 1 diabetes is tough, but she'll do whatever she has to keep her son safe. Logan's dad just wants everything to be okay, and he'll go to any lengths to make Logan feel normal again...even if it's for only a few moments. This is the story of one family's journey from diagnosis to diaversary, and all the ups and downs in between.

Books for Parents and Caregivers

- 1) McCarthy, Moira. *Raising Teens with Diabetes: A Survival Guide for Parents*. Ann Arbor: Spry Publishing LLC, 2013.

This is a no-nonsense guide for parents of teens with Type 1 Diabetes. The teen years can be a hard time for parents and the child. McCarthy states, “Raising a child with diabetes is all-consuming... it can wear you down... Transitioning teens’ diabetes care from your full supervision to something they handle on their own is not done with the snap of a finger.” It is best done with the help of others. The book shows you how to work with a team and how to stand up for your child. Topics ranging from hormones, growth spurts, and mood swings are covered. Advice is given on how a teen can balance their need to be normal and accepted, with the knowledge that they have a special condition. The book also lists helpful resources, blogs, and programs. *Raising Teens with Diabetes: A Survival Guide for Parents* is at a level for both parents and older teens.

- 2) Smith-Bradfield, Stacey. *Type 1 Diabetes and Babysitting: A Parent’s Toolkit*. Colorado Springs: Science Horse Productions LLC, 2013.

An easy to use guide to help parents teach basic diabetic care to a sitter. Parents can write specific things about their child’s care on pull-out pages. The sitter will find step-by-step information on:

- How to give shots
- What to do with a high or low blood sugar
- Troubleshooting pumps
- Meal and insulin planning
- What to take outside the home

The tools in this book can also be used for sleepovers and visits away from home.

- 3) McCarthy, Moira. *The Everything Parent’s Guide to Children with Juvenile Diabetes*. Avon: Adams Media, 2007.

This book teaches how to live with diabetes one day at a time. The book takes you on a journey from when your child is first diagnosed into the future. It shows parents how their child can lead a healthy and happy life with diabetes.

There are chapters titled “Independence and What it Means,” and “Hitting the Wall.” The book is loaded with information. The advice is given in a reassuring way.

- 4) Deutscher, Andrew. *Typecast: Amazing People Overcoming the Chronic Disease of Type 1 Diabetes*. Atlanta: Humbition Entertainment, 2013.

Typecast, is a collection of personal stories about people with Type 1 Diabetes. The author’s son was diagnosed with diabetes at 22 months. Deutscher blends his own experiences into each of the stories. He shows us that by labelling yourself as a “thrivor” instead of “survivor” you can develop a new, healthy identity. The change in “attitude” allows you to face fears and move forward. The book leaves the reader with hope, optimism, and the inner strength to excel in life.

- 5) Scheiner, Gary. *Think like a Pancreas*. Boston: DeCapo Publishing, 2012. (second edition).

Gary Scheiner is a Certified Diabetes Educator who also has type 1 diabetes. His book is all about insulin. Scheiner teaches you how your body uses insulin. He then guides you on how to use insulin in the way that your body does naturally. You learn why blood glucose goes up and down with exercise, stress and illness. He believes that once you understand how insulin works in your body then it will be easier for you to match how much you need with what you are doing and eating. You are taught to “think like a pancreas.” Since Scheiner has used different insulin pumps and different medications, he is able to give the pros and cons of what is new. The book offers practical tips on day to day management of diabetes using words that are not overly technical. Make sure that you read the most recent copy.

- 6) Calentine, Leghanne. *Kids First, Diabetes Second: Tips for Parenting a Child with Type 1 Diabetes*. Ann Arbor: Spry Publishing, LLC, 2012.

The book gives tips on how to make diabetes care routine. The author suggests ways to deal with stress and how to find a support group. The focus is on raising a happy and healthy child without being consumed by diabetes. Leighanne Calentine’s D-Mom Blog is a great resource for families.

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