

## Diabetes Books and Resources

### Books for Children Birth to 5 Years Old

#### **Rufus Comes Home: Rufus, the Bear with Diabetes**

Kim Gosselin, 1998.

A young boy is diagnosed with diabetes. While in the hospital he makes a new friend, Rufus, the Bear with Diabetes.

Visit the Family Resource Center on the 5th Floor of the Train zone at Seattle Children's Hospital to find most of these books and other information about diabetes.

#### **Matthew Takes His Shot**

Owen Coleman, 2001.

Although Matthew, the cute cuddly polar bear, is first frightened by his disease and the daily shots of insulin, he soon learns that he can control his diabetes by taking charge of his fears and finding the courage to give himself a shot.

#### **Even Little Kids Get Diabetes**

Connie White Pirner, 1990.

No punches are pulled: the young patient relates her hospital stay, explains how she must have injections everyday (and will eventually give them to herself), and states her frustration at never being able to eat sweets, even at a birthday party.

#### **Sarah and Puffle**

Linnea Mulder, 1992.

A little girl begins to accept her diabetes and the restrictions that come along with it.

### Books for School-Aged Children

#### **Getting a Grip on Diabetes**

Spike Nasmyth Loy, 2007.

The first and best book on diabetes for kids—and it's written by kids! The first edition was wildly popular. New chapters take kids through the authors' personal experiences and tips for life into college and beyond.

#### **A Magic Ride in Foozbah-Land, an Inside Look at Diabetes**

Jean Betschart, 1995.

By the end of the story, readers have a better understanding of diabetes and how to manage the disease through insulin, nutrition and exercise.

### **Taking Diabetes to School**

Kim Gosselin, 2004.

An illustrated story about Jason, a child with Type 1 diabetes, which includes a quiz and tips for teachers.

### **It's Time to Learn About Diabetes—A Workbook on Diabetes for Children**

Jean Betschart, 1995.

### **The Dinosaur Tamer and Other Stories for Children with Diabetes**

Marcia Mazur, Peter Banks and Andrew Keegan, 1996.

Twenty-five fictional stories that will entertain, enlighten and ease a child's frustration about having diabetes.

## **Books for Teens**

### **In Control: A Guide for Teens with Diabetes**

Jean Betschart and Susan Thom, 2001.

A book for teens on how to deal with diabetes and daily life stresses. Some of the issues covered are food, friends, dating, emotions and how to talk to healthcare providers.

### **Pumping Insulin—Everything You Need for Success with an Insulin Pump**

Ruth Roberts MA, and John Walsh PA, CDE, 2006.

Complete guide for achieving excellent control on an insulin pump.

### **Calorie King**

Allan Boruscek, 2009.

Pocket guide to carb, fat and calorie counting.

### **Think Like a Pancreas**

Scheiner, 2004.

This book focuses specifically on using insulin. It discusses day-to-day blood glucose control and monitoring and the dozens of other issues that everyone taking insulin needs to master.

### **The Diabetes Game**

Nora Coon, 2006.

Seventeen-year-old Nora Coon writes from a teen's viewpoint about Type 1 diabetes. Nora's journey of a teenager with diabetes includes negotiation points with parents, losing focus and being burned out, pump therapy and traveling with diabetes.

### **Transitions in Care**

Howard Wolpert, Barbara Anderson and Jill Weissberg-Benchell, 2009.

A guide for the transition to adulthood for patients with Type 1 diabetes.

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### **Type 1 Teens: A Guide to Managing Your Life with Diabetes**

Korey K. Hood, 2010.

Friends, school, parents, driving and dating. Add Type 1 diabetes, and your teenage life feels even more complicated. This book outlines straightforward strategies and tips to manage your diabetes before it manages you.

### **Books for Adults**

#### **Diabetes Care for Babies, Toddlers and Preschoolers: A Reassuring Guide**

Jean Betschart, 1999.

Guide for parents with a young child who has been recently diagnosed with diabetes.

#### **Raising a Child with Diabetes**

Linda Siminerio and Jean Betschart, 1999.

This book for parents addresses raising children with diabetes from birth through the teen years. Includes information on procedures and common problems that may arise while caring for children with diabetes.

#### **Sweet Kids**

Susan Lau, 2002.

An excellent book geared towards good parenting skills for kids with diabetes. Provides a good common sense approach.

#### **Understanding Diabetes**

H. Peter Chase, 2006.

A guide to all aspects of living with diabetes. Provides teaching tools, many of which are used in the Endocrinology education program at Seattle Children's.

#### **Living with Juvenile Diabetes: A Practical Guide for Parents and Caregivers**

Victoria Peurrung, 2001.

Practical tips and ideas for parents, teachers, coaches and other caregivers who are looking after children with Type 1 diabetes.

#### **The Ten Keys to Helping Your Child Grow Up with Diabetes**

Tim Wysocki, PhD, 2004.

This book addresses the psychological, social and emotional hurdles that often complicate the lives of youngsters with diabetes.

#### **Cooking Up Fun for Kids with Diabetes**

Patti Geil and Tami A. Ross, 2003.

A cookbook that offers simple, healthy recipes and activities for kids with diabetes.

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### **The Sun, The Rain and the Insulin: Growing Up with Diabetes**

Joan MacCracken, 1996.

Experience the challenges of growing up with diabetes. This book is filled with information on diabetes, it reads like a novel. Six families with diabetes come alive through the sensitive and humorous writings of the author.

**Check out the websites for the American Diabetes Association (ADA) and the Juvenile Diabetes Research Foundation (JDRF) for more resources and information about books.**

## Diabetes Websites

The following are websites with information and links regarding diabetes:

[www.diabetes.org](http://www.diabetes.org)

[www.jdrf.org](http://www.jdrf.org) – Juvenile Diabetes Research Foundation International

[www.endocrineweb.com](http://www.endocrineweb.com)

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

[www.goodbloodsugar.com](http://www.goodbloodsugar.com)

[www.diabetestown.com](http://www.diabetestown.com)

[www.childrensdiabetesfoundation.org](http://www.childrensdiabetesfoundation.org) – Children's Diabetes Foundation at Denver

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

### **To Learn More**

- Endocrinology 206-987-2640
- Family Resource Center  
5<sup>th</sup> floor, Train zone  
206-987-2201
- Your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### **Free Interpreter Services**

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers  
206-987-2280 (TTY)

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

Information in these books may not reflect the philosophy or practice of Seattle Children's Hospital. The inclusion of any Web site link (or resource accessed through this link) does not imply endorsement by Seattle Children's Hospital.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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