



Diabetes Books and Resources

You can check out many of these books from Seattle Children's Family Resource Center, 5th floor, Train zone.

Books for Children Age 0-8 years

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.

Sarah and Puffle

Mulder, Linnea, 1992.

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

Books for Children Age 8-12 years

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.

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.

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.

17-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.

Books for Adults

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.

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.

Web Sites

American Diabetes Association

www.diabetes.org

This site contains the latest news and research on diabetes. Offers links to community resources in your area.

<http://tracker.diabetes.org>

Kids can go to Planet D link to explore diabetes and connect with new friends.

Children with Diabetes

www.childrenwithdiabetes.com

An online community for kids, families and adults with diabetes. This Web site also contains nutritional information, recipes, real-life stories, camps, and alternative treatments.

Children with Special Health Care Needs

www.cshcn.org

This site provides information and resources for parents that have children with special health care needs. Under the Resources tab you will find a series of printable fact sheets on diabetes.

Diabetes Teen Transition Website

depts.washington.edu/healthtr/diabetes

For teens who outgrow pediatric care and move onto an adult care provider.

To Learn More

- Endocrinology 206-987-2640
- Family Resource Center
5th floor, Train zone
206-987-2201
- Your child's healthcare provider
- 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)

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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