# Diabetes Books and Websites

**Books for Children - Birth to 5 Years Old**

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rufus Comes Home: Rufus, the Bear with Diabetes</td>
<td>Kim Gosselin</td>
<td>1998</td>
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<tr>
<td>A young boy is diagnosed with diabetes. While in the hospital he makes a new friend, Rufus, the Bear with Diabetes.</td>
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<tr>
<td>Dishing It Up Disney Style</td>
<td>Lilly</td>
<td>2011</td>
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<tr>
<td>A carb-friendly cookbook for families with Type 1 Diabetes. Ask Endocrinology for a copy.</td>
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**Books for School-Aged Children**

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Year</th>
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<tbody>
<tr>
<td>Getting a Grip on Diabetes</td>
<td>Spike Nasmyth Loy</td>
<td>2007</td>
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<tr>
<td>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.</td>
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</tr>
<tr>
<td>Taking Diabetes to School</td>
<td>Kim Gosselin</td>
<td>2004</td>
</tr>
<tr>
<td>An illustrated story about Jason, a child with Type 1 diabetes, which includes a quiz and tips for teachers.</td>
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**Books for Teens**

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<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Year</th>
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<tbody>
<tr>
<td>Diabetic Athlete’s Handbook</td>
<td>Sherri Coberg</td>
<td>2008</td>
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<tr>
<td>Practical guide to athletic performance with diabetes.</td>
<td></td>
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<tr>
<td>Pumping Insulin—Everything You Need for Success with an Insulin Pump</td>
<td>Ruth Roberts MA, and John Walsh PA, CDE</td>
<td>2006</td>
</tr>
<tr>
<td>Complete guide for achieving excellent control on an insulin pump.</td>
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<tr>
<td>Think Like a Pancreas</td>
<td>Scheiner</td>
<td>2012</td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
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<tr>
<td>The Diabetes Game</td>
<td>Nora Coon</td>
<td>2006</td>
</tr>
<tr>
<td>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.</td>
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**To Learn More**

- Endocrinology 206-987-2640
- Ask your child’s healthcare provider
- seattlechildrens.org

**Free Interpreter Services**

- In the hospital, ask your 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.
**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.

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

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**Books for Adults**

**Dealing with Diabetes Burnout: How to Recharge and Get Back on Track When You Feel Frustrated and Overwhelmed with Living with Diabetes**  
Ginger Viera, 2014.  
An inspiring and empowering guide to managing the daily work and pressure of diabetes management.

**Diabetes Care for the Babies, Toddlers, and Preschoolers: A Reassuring Guide**  
The support you need to manage your little one’s 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, 2015  
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.

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

The following are websites with information and links regarding diabetes:

diabetes.org
connect1d.org
jdrf.org
Juvenile Diabetes Research Foundation International
childrenwithdiabetes.com
childrensdiabetesfoundation.org
t1everydaymagic.com
Type 1 Everyday Magic
beyondtype1.org
Beyond Type 1
   Includes the Jerry the Bear program (a teddy with type 1 and app you can use to check blood sugar and give insulin) and the Safe Sittings program (a resource to help parents identify babysitters comfortable caring for kids with type 1).

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.