

♥ Betschart, Jean MN, RN, CDE

***IT'S TIME TO LEARN ABOUT DIABETES: A WORKBOOK  
ON DIABETES FOR CHILDREN***

Chronimed Publishing, 1993

A video and a workbook assists in teaching school age children all they need to know about diabetes. Includes everything from fun daily exercises to creative party hints. Provides an outlet for children to express their feelings. (Video approx. 19 min.)

**CD-ROM**

♥ ***STARBRIGHT LIFE ADVENTURE SERIES: AN OUT OF  
THIS WORLD GAME ABOUT MANAGING DIABETES***

Starbright Foundation, 1998

Help Xylo the alien get home by managing your diabetes and meeting challenges of daily living. A fun game with a lot of teaching mixed in.

♥ ***PUMP EXPEDITIONS: AN INTERACTIVE GAME***

Medtronic Minimed, Inc., 2003

An interactive game that simulates the day in the life of a pump user. Follow Zack into the wilderness to uncover a mystery, while encountering challenges posed by having diabetes.

★ Please check other topics such as Chronic Illness, Special Health Care Needs and General Health for other books that may be helpful to you and your child.

*NH Family Voices Lending Library*

# **Books for Families and Children Managing Diabetes**



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♥ Mulder, Linnea, R.N.

***SARAH AND PUFFLE: A STORY FOR CHILDREN ABOUT DIABETES***

Magination Press, 1992

Upset by the restrictions imposed by her diabetes, Sarah dreams about a talking sheep who helps her accept her condition.

♥ Pirner, Connie White

***EVEN LITTLE KIDS GET DIABETES***

Albert Whitman, 1991

A young girl who has had diabetes since she was two years old describes her adjustments to the disease.

♥ Aiello, Barbara & Jeffrey Shulman

***A PORTRAIT OF ME***

Twenty-First Century Books, 1989

Eleven-year old Christine copes successfully with her diabetes but finds it much more difficult to come to terms with the demands of her Greek-American heritage. Includes a section of questions and answers about diabetes and its treatment.

♥ Gosselin, Kim

***TAKING DIABETES TO SCHOOL***

JayJo Books, LLC, 1994

A children's book on diabetes control and diet that is great reading to a classroom or for anyone to get a better understanding of the complexities of diabetes.

Beaser, Richard S., MD & Hill, Joan V.C., R.D, C.D.E.

***THE JOSLIN GUIDE TO DIABETES - A PROGRAM FOR MANAGING YOUR TREATMENT***

Fireside, 1995

Information about all aspects of diabetes and its care.

Holzmeister, Lea Ann, RD, CDE

***THE DIABETES CARBOHYDRATE AND FAT GRAM GUIDE***

American Diabetes Association, 1997

A book of carbohydrate and fat gram counts (charts) includes name brand foods, fast foods, frozen entrees, desserts and more. Includes the latest diabetic exchanges.

## VIDEOS

♥ Video - Children's Health Care

***TEENS TALK ABOUT CHRONIC ILLNESS***

Teens and young adults talk candidly about what it's like to be diagnosed with a chronic or life threatening illness, the challenges they face, and what has helped them to cope. These young people encourage and provide hope to their peers. (1hr. approx.)

***THE DOCTOR IS IN... PEDIATRIC DIABETES***

Films for the Humanities & Science, 1995

This program looks at how children ages 9-15 learn to manage their care including blood tests, injections, diet and exercise. (28 minutes)

Brackenridge, Betty Page, MS, RD, CDE & Rubin, Richard, PhD  
***SWEET KIDS, HOW TO BALANCE DIABETES CONTROL & GOOD NUTRITION WITH FAMILY PEACE***

American Diabetes Association, 1996

Nutrition and diabetes control from babies and toddlers to teenagers. Tips and suggestions on helping your child become independent in their own care.

Betschart, Jean, CRNP, CDE  
***DIABETES CARE FOR BABIES, TODDLERS AND PRE-SCHOOLERS: A REASSURING GUIDE***

Chronimed Publishing, 1999

Discusses the issues of diabetes management in younger children. Helpful hints.

Webb, Robyn, MS  
***DIABETIC MEALS IN 30 MINUTES - OR LESS***

American Diabetes Association, 1996

A cookbook loaded with tasty recipes that are quick. More than 140 fast recipes plus dozens of quick tips.

American Diabetes Association  
***REFLECTIONS ON DIABETES***

ADA, 1996

A collection of 39 real-life stories. Offers an inspirational look at how each of their lives are touched by diabetes.

American Diabetes Association  
***COMPLETE GUIDE TO DIABETES, THE ULTIMATE HOME DIABETES RESOURCE***

ADA, 1996

Written by Diabetes experts, this guide has information on symptoms, causes, diagnosis, treatment, how to handle emergencies, achieving glucose control, self monitoring and more....

♥ Miller, Judy

***GRILLED CHEESE AT FOUR O'CLOCK IN THE MORNING***

American Diabetes Association, 1988

In learning to cope with diabetes, Scott learns some important lessons about himself and his life.

♥ Gordon, Melanie Apel

***LET'S TALK ABOUT DIABETES***

The Rosen Publishing Group, 1999

This defines diabetes and shows how a child can live a very normal life with the disease. From descriptions of how the body uses sugars, kids can understand why eating a healthful diet whether or not they have diabetes, can benefit their lives.

♥ Olson, Michael

***HOW I FEEL: A BOOK ABOUT DIABETES***

Lantern Books, 2003

Written by a sibling, this book tells the story of a 7 year old boy being diagnosed with diabetes. Readers will learn about diabetes, how a child feels who has it, and be surprised at how he handles Halloween!

♥ Peacock, Carol Antoinette; Gregory, Adair; Gregory, Kyle  
***SUGAR WAS MY BEST FOOD***

Albert Whitman & Co., 1998

The story of Adair & the changes diabetes makes in his life.

♥ Sheppard, Dana

***LIFE WITH DIABETES: LACIE THE LIZARD'S ADVENTURE***

Critters, Inc., 2005

Lacie the Lizard meets some new friends, and has to explain all about having diabetes and using her insulin pump. Her new friends learn that Lacie can do all the things they can.



♥ Haines, Sandra

***DONNIE MAKES A DIFFERENCE***

Writers Press Services, 1994

A story about children learning to play sports, even though they have diabetes.

♥ Betschart, Jean

***A MAGIC RIDE IN FOOZBAH-LAND - AND INSIDE DIABETES***

Chronimed Publishing, Inc., 1995

Two children with diabetes join Nurse Kelly on a magic trip inside Mr. Foozbah to learn about digestion and diabetes. Can be read by parents to younger children and most second graders can read themselves.

♥ Mazur, Marcia Levine; Banks, Peter & Keegan, Andrew

***THE DINOSAUR TAMER - AND OTHER STORIES FOR CHILDREN WITH DIABETES***

American Diabetes Association, 1995

Collection of 25 stories that entertain, enlighten and ease your child's frustration about having diabetes. Each tale warmly evaporates the fear of insulin shots, blood tests, being different, and all the other not-so-fun parts of having diabetes.

♥ Beatty, Monica Driscoll

***MY SISTER ROSE HAS DIABETES***

Health Press, 1997

Twelve year old James tells about his ten-year old sister who has diabetes. A wonderful book for siblings. Second to third graders can self-read.



Chase, Peter H. MD

***UNDERSTANDING INSULIN-DEPENDENT DIABETES***

Barbara Davis Center for Childhood Diabetes, University of Colorado, 1995

Written for parents and children in the 10-12th grades, this book covers it all, causes, food management, family concerns, school, etc.

Loring, Gloria

***PARENTING A DIABETIC CHILD: A PRACTICAL, EMPATHETIC GUIDE TO HELP YOU AND YOUR CHILD LIVE WITH DIABETES***

Lowell House/Contemporary Books, 1991

A down-to-earth survival guide and manual that teaches everything you need to know about caring for a child with diabetes without upsetting the delicate balance of family dynamics or destroying your physical and emotional well being.

Walsh, John PA, CDE & Roberts, Ruth, MA

***PUMPING INSULIN: EVERYTHING YOU NEED FOR SUCCESS WITH AN INSULIN PUMP***

Torrey Pines Press, 2000

This is a comprehensive guide to insulin pump use in an easy to follow format. Full of tips for determining total daily insulin dose, diet approaches, pattern recognition, as well as tips for children, teens and pregnant woman.

Holzmeister, Lea Ann, RD, CDE

***THE DIABETES CARBOHYDRATE AND FAT GRAM GUIDE - QUICK, EASY MEAL PLANNING USING CARBOHYDRATE AND FAT GRAM COUNT***

American Diabetes Association, 1997

Charts list foods, serving size and nutrient data, both generic and packaged products. Also charts for fast food restaurants.

Essert, Priscilla Call

***MY LIFE AS A PANCREAS: REFLECTIONS ON RAISING A CHILD WITH DIABETES***

Priscilla Call Essert, 2006

An easy read, but very insightful and easy to relate to book for parents.

Nasmyth Joy, Virginia

***REAL LIFE PARENTING OF KIDS WITH DIABETES***

American Diabetes Association; 2001

The author has two sons who were diagnosed with diabetes at 6 and 7 (now young adults). The book is full of practical advice, tips and suggestions for raising a child with diabetes. Her sons wrote the book "Getting a Grip on Diabetes".

McCarthy, Moria

***THE EVERYTHING PARENT'S GUIDE TO CHILDREN WITH JUVENILE DIABETES***

F & W Publications (Adam Media), 2007

This is a very reassuring, easy to read, thorough book, from a parent to other parents. Features advice on helping children to take control of their health, monitoring diet & insulin levels, handling emergencies and finding support.

Hirsch, Irl B., MD

***HOW TO GET GREAT DIABETES CARE—WHAT YOU AND YOUR DOCTOR CAN DO TO IMPROVE YOUR MEDICAL CARE AND YOUR LIFE***

American Diabetes Association,  
1996

In partnership with your doctor, this book explores all aspects of diabetes and care to keep healthy.



♥ Gosselin, Kim

***TRICK-OF-TREAT FOR DIABETES***

JayJo Books, 1999

This is an excellent book about what a child feels during Halloween and a solution that this family found.

♥ Gosselin, Kim

***RUFUS COMES HOME, RUFUS THE BEAR WITH DIABETES***

JayJo Books, 1998

A story of a young boy who is diagnosed with diabetes. His mother buys a teddy bear and sews patches on the bear in the same spots where he gets his insulin shots and blood tests. He names the bear Rufus and through him learns to come to terms with his diabetes.

♥ Block, Jed

***THE BEST YEAR OF MY LIFE***

1999

A young girl diagnosed with diabetes when she was in the second grade tells about being diagnosed, wondering if she caused her diabetes by eating too much candy. She shares the anxiety felt by kids with diabetes and their families about blood tests and shots. Excellent for young children.

♥ Giff, Patricia Reilly

***THE GIFT OF THE PIRATE QUEEN***

Bantam Doubleday Dell, 1982

Recommended for eight to fourteen year olds, this story tells of a young girl's growing up after her mother's death, caring for a sister with diabetes and a wonderful Irish legend of the Pirate Queen and her courage.

♥ Roberts, Willo Davis

***SUGAR ISN'T EVERYTHING***

Aladdin Books, 1987

Fear of insulin injections and anger at diagnosis are two of the emotions of an adolescent girl in this book. With the help of her older brother, she learns to cope better and even helps out a teenage boy with diabetes. (Recommended for ages 9-15.)

♥ McDaniel, Lurlene

***ALL THE DAYS OF HER LIFE***

Bantam Books, 1994

Lacey feels like every aspect of her life is out of control. Her parents divorce, there is the death of a friend and her diabetes. This fictional book is about being a teen and having a chronic illness.

♥ Nasmyth Loy, Spike & Nasmyth Loy, Bo

***GETTING A GRIP ON DIABETES - QUICK TIPS AND TECHNIQUES FOR KIDS AND TEENS***

American Diabetes Association, 2000

Written by two brothers who have each lived with diabetes for more than ten years, this straight forward and honest book is a must read for teens.

♥ Glick, Ruth

***THE DIABETES SNACK, MUNCH, NIBBLE, NOSH, BOOK***

American Diabetes Association, 1998

A hundred and fifty quick to fix snacks and mini meals. Every recipe includes nutrient analyses and exchanges. Great for teens.

♥ Betwschart, Jean MN, RN, CDE & Thom, Susan RD, LD, CDE

***IN CONTROL: A GUIDE FOR TEENS WITH DIABETES***

Chronmed Publishing, 1995

Information that would appeal to teenagers in managing their diabetes.

♥ ***DIABETIC COOKING FOR KIDS***

Publications International Limited, 2002

Loaded with simple recipes for snacks, lunches, dinners and desserts. Colorful pictures of fun food presentations like Sloppy Joe's Bun Bunny and Little Piggy Pies.



♥ Haduch, Bill

***FOOD RULES: THE STUFF YOU***

***MUNCH, ITS CRUNCH, ITS PUNCH***

***AND WHY YOU SOMETIMES LOSE YOUR LUNCH***

Puffin Books, 2001

This book does not address diabetes specifically but is a very comprehensive book on food and nutrition presented in a fun format for kids. Full of zany, colorful cartoons and fascinating facts.

♥ ***WIZDOM - A KIT OF WIT AND WISDOM FOR KIDS WITH DIABETES***

American Diabetes Association

A colorful guide for kids - particularly for newly diagnosed.

***WIZDOM - A KIT OF WIT AND WISDOM FOR PARENTS OF KIDS WITH DIABETES***

American Diabetes Association

A colorful guide for parents that provides an overview of diabetes care, healthy eating, exercise and school issues.

MacCraken, Joan, MD

***THE SUN, THE RAIN AND THE INSULIN - GROWING UP WITH DIABETES***

Tiffin Press of Maine; 1996

This book clearly depicts the interaction of emotions and chronic disease and its impact on the family.