

Diabetes Books and Resources

Books for Children Ages 3 to 6

Go, Team Coco!

Susan Amerikaner, 2015.

Coco, a new Mickey Mouse and Friends character, is diagnosed with type 1 diabetes. Coco shares her concerns, learns about managing her diabetes and learns that she can still do everything she did before she had diabetes. This book also includes a Q&A section to help caregivers facilitate conversation about diabetes.

Cooper has Diabetes

Karen Olson, 2003.

Cooper is diagnosed with type 1 diabetes. Cooper walks us through his hospital stay, how he learns about diabetes, and diabetes management.

Rufus Comes Home: Rufus, the Bear with Diabetes

Kim Gosselin, 2005.

A young boy is diagnosed with type 1 diabetes. While in the hospital he makes a new friend, Rufus, the Bear with diabetes. This book and Rufus the Bear comes in the JDRF Bag of Hope, a complimentary resource for kids newly diagnosed with diabetes.

Books for Children Ages 6 to 10

Coco Goes Back to School

Susan Amerikaner, 2012.

Coco goes back to school after being diagnosed with type 1 diabetes. She shares her diabetes bracelet during sharing time and teaches her classmates about diabetes during the class science fair. Also in Spanish.

Taking Diabetes to School

Kim Gosselin, 2004.

A story about Jason, a child who has just been diagnosed with type 1 diabetes, who goes back to school. This book also includes a quiz and tips for teachers.

Coco's First Sleepover

Susan Amerikaner, 2013.

It's Coco's first sleepover since she was diagnosed with type 1 diabetes. She has a blast playing with her friends and eating pizza. Also in Spanish.

Coco and Goofy's Goofy Day

Susan Amerikaner, 2011.

It's Goofy's birthday party. Coco comes prepared with a type 1 diabetes friendly party plan and sticks to it.

Dishing It Up Disney Style

Lilly, 2011.

A diabetes-friendly cookbook for the whole family to enjoy. Each recipe includes serving sizes and carb counts.

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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.



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Books for Children Ages 10 to 12

Team Helping: Type 1 Diabetes

Jared Bergen, Ilana Bergen, and Randi Winter, 2018.

An easy-to-read guide to understanding diabetes, including terminology, what to eat, and how to stay healthy. Written and illustrated by a former patient and family of Seattle Children's Hospital.

A Magic Ride in Foozbah-Land: An Inside Look at Diabetes

Jean Betschart, 1995.

An inside look at diabetes, with a Magic School Bus vibe.

CJ has Diabetes

Julie Olseon, 2005.

In this comic book, CJ reviews the first year that he had diabetes. He discusses his diagnosis, learning about diabetes, returning to school, the holidays, camp, and the importance of being in control, not being perfect.

ESPN: Power Forward

Tracey West, 2011.

Justin, the captain of the basketball team, is diagnosed with type 1 diabetes. Justin struggles to find the balance between managing his diabetes, sharing his diagnosis with his friends, and playing basketball.

ESPN: Up for the Challenge

Leigh Olsen, 2011.

Allie, a center midfielder, just became a starter on her soccer team. Everything would be perfect, except she has also just been diagnosed with type 1 diabetes. Allie feels lost as she tries to navigate managing diabetes and being a team player on her soccer team. She finally opens up to her friends and family and gets nothing but support.

Books for Ages 12 and Up

Understanding Diabetes: A Handbook for People Who Are Living with Diabetes

H. Peter Chase and David M. Maahs, 2011.

This comprehensive, textbook-style handbook helps teenagers and adults understand diabetes.

The Diabetes Game

Nora Coon, 2006.

Seventeen-year-old Nora Coon writes from her own perspective, as she addresses coping with type 1 diabetes. This book was written as a "survival guide," that can be referenced throughout your diabetes journey.

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.

Getting a Grip on Diabetes

Spike and Bo Nasmyth Loy, 2007.

This book, written by two brothers who have type 1 diabetes, is a guide to managing diabetes successfully. Topics include: school, sports, going out to eat, travelling, driving and more.

Diabetes Websites

The following websites have diabetes specific information and support resources:

diabetes.org

Information and resources about type 1 and type 2 diabetes from the American Diabetes Association (ADA).

connect1d.org

This community-focused organization offers local meet-ups, camps, and retreats for kids and teens who have type 1 diabetes.

jdrf.org

Juvenile Diabetes Research Foundation International (JDRF) provides families with education, support and resources for people with type 1 diabetes. Includes the Bag of Hope and No Limits for Teens and Adults (a new onset starter kit with age-appropriate resources).

childrenwithdiabetes.com

Read stories about other kids and teens who have type 1 diabetes from all over the world.

lilly.com/disease-areas/diabetes

Lilly Diabetes is an organization focused on providing resources for kids, teens, and parents. Has connections to the Diabetes Link program and others.

beyondtype1.org (English and Spanish)

Beyond Type 1

Non-profit organization focused on providing education, support and resources for people with type 1 diabetes. Includes the Jerry the Bear program (a teddy bear who has type 1 diabetes and an 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 diabetes).

beyondtype2.org (English and Spanish)

Beyond Type 2

A sister organization to the above, focused on providing education, support and resources for people with type 2 diabetes globally. You will find stories about other people who have type 2 diabetes, as well as current news.

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.