

Books for Parents and Caregivers

- 1) McCarthy, Moira. *Raising Teens with Diabetes: A Survival Guide for Parents*. Ann Arbor: Spry Publishing LLC, 2013.

This is a no-nonsense guide for parents of teens with Type 1 Diabetes. The teen years can be a hard time for parents and the child. McCarthy states, “Raising a child with diabetes is all-consuming... it can wear you down... Transitioning teens’ diabetes care from your full supervision to something they handle on their own is not done with the snap of a finger.” It is best done with the help of others. The book shows you how to work with a team and how to stand up for your child. Topics ranging from hormones, growth spurts, and mood swings are covered. Advice is given on how a teen can balance their need to be normal and accepted, with the knowledge that they have a special condition. The book also lists helpful resources, blogs, and programs. *Raising Teens with Diabetes: A Survival Guide for Parents* is at a level for both parents and older teens.

- 2) Smith-Bradfield, Stacey. *Type 1 Diabetes and Babysitting: A Parent’s Toolkit*. Colorado Springs: Science Horse Productions LLC, 2013.

An easy to use guide to help parents teach basic diabetic care to a sitter. Parents can write specific things about their child’s care on pull-out pages. The sitter will find step-by-step information on:

- How to give shots
- What to do with a high or low blood sugar
- Troubleshooting pumps
- Meal and insulin planning
- What to take outside the home

The tools in this book can also be used for sleepovers and visits away from home.

- 3) McCarthy, Moira. *The Everything Parent’s Guide to Children with Juvenile Diabetes*. Avon: Adams Media, 2007.

This book teaches how to live with diabetes one day at a time. The book takes you on a journey from when your child is first diagnosed into the future. It shows parents how their child can lead a healthy and happy life with diabetes. There are chapters titled “Independence and What it Means,” and “Hitting the

Wall.” The book is loaded with information. The advice is given in a reassuring way.

- 4) Deutscher, Andrew. *Typecast: Amazing People Overcoming the Chronic Disease of Type 1 Diabetes*. Atlanta: Humbition Entertainment, 2013.

Typecast, is a collection of personal stories about people with Type 1 Diabetes. The author’s son was diagnosed with diabetes at 22 months. Deutscher blends his own experiences into each of the stories. He shows us that by labelling yourself as a “thrivers” instead of “survivor” you can develop a new, healthy identity. The change in “attitude” allows you to face fears and move forward. The book leaves the reader with hope, optimism, and the inner strength to excel in life.

- 5) Scheiner, Gary. *Think like a Pancreas*. Boston: DeCapo Publishing, 2012. (second edition).

Gary Scheiner is a Certified Diabetes Educator who also has type 1 diabetes. His book is all about insulin. Scheiner teaches you how your body uses insulin. He then guides you on how to use insulin in the way that your body does naturally. You learn why blood glucose goes up and down with exercise, stress and illness. He believes that once you understand how insulin works in your body then it will be easier for you to match how much you need with what you are doing and eating. You are taught to “think like a pancreas.” Since Scheiner has used different insulin pumps and different medications, he is able to give the pros and cons of what is new. The book offers practical tips on day to day management of diabetes using words that are not overly technical. Make sure that you read the most recent copy.

- 6) Calentine, Leghanne. *Kids First, Diabetes Second: Tips for Parenting a Child with Type 1 Diabetes*. Ann Arbor: Spry Publishing, LLC, 2012.

The book gives tips on how to make diabetes care routine. The author suggests ways to deal with stress and how to find a support group. The focus is on raising a happy and healthy child without being consumed by diabetes. Leighanne Calentine’s D-Mom Blog is a great resource for families.