

Books for School-aged Children (Ages 5-12)

- 1) Block, Jed and Jeff Block. *The Best Year of My Life, Book 1: Getting Diabetes*. Jed Block, self-published, 1999.

The author's daughter was diagnosed with Diabetes Type 1 at age 7. He wrote this book in the voice of a girl the same age. His daughter Caitlin illustrated it. The book helps prepare children and families for the emotional challenges of being newly diagnosed with diabetes. Like Caitlin, children may be inspired to write and draw their own story as a way to cope.

- 2) Coleman, Owen. *Matthew Takes His Shot*. North Carolina: Pentland Press, 2001.

Matthew Takes his Shot is a story of a cuddly polar bear that has been diagnosed with diabetes. At first, Matthew is afraid of diabetes. He worries about taking daily shots of insulin. Matthew realizes that he can overcome those fears. He gains the courage to give himself his own shot while also "shooting" to win an ice jumping contest. He learns that anything is possible when you have confidence. The book is recommended for younger children.

- 3) Gosselin, Kim. *Taking Diabetes to School*. JayJo Books, 2004.

This book is one of a series of books by Kim Gosselin. When Jason goes to school, he tells his classmates about his diabetes. They are told that they will not catch diabetes from him; he is like everyone else but has some different things to do during the day. His classmates learn about what to expect, signs of low blood glucose, and not to share food with him. Jason is on a special food plan. He tells them that he receives insulin shots but has a friend who has a pump. The book is simply written. At the end, you will find ten tips for teachers and a quiz for the class.

- 4) Karz, Zippora. *Ballerina Dreams: A Book for Children with Diabetes*. Zippy Books, self-published, 2013.

Zippy loved ballet. She worked hard to get the lead role in the show. Then she was diagnosed with diabetes and risked losing the spot. Zippy continued to dance. She was able to keep the lead role by showing that she could control her

diabetes. The book has realistic pictures of insulin, syringes and things used to manage the disease.

- 5) Peacock, Carol Antoinette. *Sugar Was My Best Food: Diabetes and Me*. Park Ridge: Whitman and Company, 1998.

A 4th grade boy writes this true story to tell others his age about life with diabetes. Adair starts by revealing his feelings of fear and loneliness when he was first diagnosed. He tells us his reactions to each aspect of care. He misses being able to eat anything he wants and at any time. He is honest about the frustrations of having to stop what he is doing to check his blood glucose. He knows that his diagnosis has affected the entire family, his friends, and even the pets. Although Adair feels “different,” due to the huge changes in his life, he develops a positive attitude. Readers will like how genuine the book feels. Adair’s snail and email addresses and a promise to answer every letter appear at the end. This is a great book for children with this disease. It has won many awards.

- 6) Saraf, Sharon. *I Have Diabetes*. Bloomington: AuthorHouse, 2012.

Saraf writes a simple story about a young boy who is diagnosed with Type 1 Diabetes. The pictures look like they are colored by crayon. This helps the book look friendly and non-technical. The author’s main goal was to provide comfort and hope to a child who is newly diagnosed.

- 7) West, Tracey. *Bull’s Eye*. Disney Hyperion, 2019.(appropriate for tweens)

Type 1 diabetes: Logan Springfield has it, and he’s not pleased. He just wants to be a normal eight grader, but how can he do that when he’s not allowed to do any of the things he used to enjoy? Logan’s mother is overwhelmed. Learning about type 1 diabetes is tough, but she’ll do whatever she to keep her son safe. Logan’s dad just wants everything to be okay, and he’ll go to any lengths to make Logan feel normal again...even if it’s for only a few minutes. This is the story of one family’s journey from diagnosis to diaversary, and all the ups and downs in between.