

Diabetes Resources at the Kreamer Family Resource Center



BOOKS FOR PARENTS AND TEACHERS

- American Diabetes Association - [Complete Guide to Diabetes](#)
American Medical Association guide to living with diabetes: preventing and treating type 2 diabetes: essential information you and your family need to know
Beaser - [The Joslin guide to diabetes: a program for managing your treatment](#)
Becker - [The first year - type 2 diabetes: an essential guide for the newly diagnosed](#)
Betschart--[Diabetes Care for Babies, Toddlers, and Preschoolers](#)
Betschart--[In Control: A Guide for Teens with Diabetes](#)
Block—[The Best Year of My Life Book 1: Getting Diabetes](#)
Block—[Making the Best of Life Book 2: Learning to Live with Diabetes](#)
Brand-Miller - [The new glucose revolution pocket guide to childhood diabetes](#)
[The Children's Diabetes Center Guide for Making Diabetes Live with You](#)
Colberg—[Diabetes-Free Kids: A Take-Charge Plan for Preventing and Treating Type 2 Diabetes](#)
Daneman--[When a child has diabetes](#)
Drum - [The type 2 diabetes sourcebook](#)
[Endocrine and Metabolic Disorders Sourcebook: basic information for the layperson about pancreatic and insulin related disorders such as pancreatitis, diabetes, and hypoglycemia](#)
Essert - [My life as a pancreas: reflections on raising a child with diabetes](#)
Hargrave-Nykaza - [My child has diabetes: a parent's guide to a normal life after diagnosis](#)
Hayes—[Necessary Toughness](#) (personal narrative)
Hieronymus - [101 tips for raising healthy kids with diabetes](#)
Hollerorth - [Everyone likes to eat: how children can eat most of the foods they enjoy and still take care of their diabetes](#)
Jackson - [Know your numbers, outlive your diabetes: 5 essential health factors you can master to enjoy a long and healthy life](#)
Loring—[Parenting a Child with Diabetes](#)
Lowe - [Diabetes: a guide to living well](#)
Loy - [487 really cool tips for kids](#)
McAuliffe—[Growing Up with Diabetes: What Children Want Their Parents To Know](#)
McCarthy - [The everything parent's guide to children with diabetes](#)
Melluish—[Diabetes at 14: Choosing Tighter Control for an Active Life](#)
Nathan - [Beating Diabetes: the first complete program clinically proven to dramatically improve your glucose tolerance](#)

National Diabetes Education Program - Helping the student with Diabetes succeed: a guide for school personnel

Ojo con su vision! si tiene diabetes (Spanish)

Palmer - When you're a parent with diabetes: a real life guide to staying healthy when you're raising a family

Plunkett -- The challenge of childhood diabetes: family strategies for raising a healthy child

Raymond--The Human Side of Diabetes, Beyond Doctors, Diets, and Drugs

Rubin - Diabetes for Dummies

Saudek - The John Hopkins White Papers: Diabetes

Uncomplicated Guide to Diabetes Complications

Valentine—Diabetes Type 2 and What to Do

Walsh - Pumping Insulin

Winning with Diabetes: Inspiring Stories of Famous and Not-So-Famous People With Diabetes Who Live Life Abundantly

Woodruff - The complete diabetes prevention plan : a guide to understanding the emerging epidemic of prediabetes and halting its progression to diabetes

COOKBOOKS, MEAL PLANNING AND NUTRITION

American Diabetes Association—Brand Name Diabetic Meals in Minutes

American Diabetes Association - Magic menus: for people with diabetes

American Heart Association - Diabetes & Heart: healthy cookbook

Bartley--Kids' Choice Cookbook

Buynak - Dr. Buynak's 1-2-3 diabetes diet: [a step-by-step approach to weight loss with out gimmicks or risks]

Drago -- Beyond rice and beans: the Caribbean Lationa guide to eating healthy with diabetes (Spanish/English)

Franz—Exchanges For All Occasions

Fuste—Cocinando para Latinos con Diabetes=Diabetic Cooking for Latinos (Spanish/English)

Gaines - Healthy Soul Food Cooking

Gaines--The New Soul Food Cookbook for People with Diabetes

Geil—Cooking Up Fun for Kids with Diabetes

Geil--Diabetes Meals on \$7 a Day or Less

Geil--101 Nutrition Tips for People with Diabetes

Ginsburg—Comida Rapida y Facil para Personas con Diabetes (Spanish)

Ginsburg - Mr. Food's quick & easy diabetic cooking

Glick--The Diabetes Snack Munch Nibble Nosh Book

Glick—One Pot Meals for People with Diabetes

Good—Fix-it and Forget-it Diabetic Cookbook: Slow Cooker Favorites

Govindji - Great healthy food for Diabetes

Hass - Diabetes fit food: over 200 recipes from the world's greatest chefs

Holzmeister—The Diabetes Carbohydrate and Fat Gram Guide

Keane - What to eat if you have diabetes: healing foods that help control your blood sugar

Loring - The kids, food and diabetes family cookbook

Month of Meals: Classic Cooking

Powers—American Dietetic Association Guide to Eating Right When You Have Diabetes

Rubin - Diabetes cookbook for dummies
Scott-Goodman - The Diabetes Menu Cookbook: Delicious Special Occasion Recipes for Family and Friends
Smith—Cooking with the Diabetic Chef
Smith—Diabetic low-fat and no-fat meals in minutes
Urdaneta--Deleites de la cocina Mexicana=Healthy Mexican American cooking (Spanish/English)
Warshaw—The Diabetes Food & Nutrition Bible
Warshaw—Diabetes Meal Planning Made Easy
Warshaw - Guide to healthy fast-food eating
Warshaw - Guide to healthy restaurant eating
Weaver - The family style soul food diabetes cookbook
Webb—Italian Diabetic Meals in 30 Minutes -or less!

BOOKS FOR CHILDREN

Betschart—A Magic Ride in Foozbah-Land: An Inside Look at Diabetes
Chase--A Book for Coloring and Learning About Diabetes
Chase—Understanding Insulin-Dependent Diabetes
Dennis—Taming the Diabetes Dragon (ages 9-12)
Gordon - Let's talk about diabetes
Gosselin--Rufus Comes Home (ages 3-12)
Gosselin—Taking Diabetes to School (ages 9-12)
Mazur—The Dinosaur Tamer, and Other Stories, for Children with Diabetes
Mulder—Sarah and Puffle: A Story for Children About Diabetes
Peacock—Sugar Was My Best Food: Diabetes and Me (ages 9-12)
Pimer--Even Little Kids Get Diabetes (picture book)
Travis—Insulin-Dependent Diabetes Mellitus

PERIODICALS

Countdown (Juvenile Diabetes Research Foundation)
Diabetes Forecast (American Diabetes Association)



Shadow Buddy: The Diabetic Buddy is available for loan to health educators; see the Know Your Buddy Book also (WS 200 P858 2000). Families can contact the Shadow Buddies Foundation (www.shadowbuddies.com) or call 913-642-4646 so children can get their own doll.



Videos:

Staying in Balance: An Introduction to Type I Diabetes (1999, 17 min.)

Preventing Long Term Complications of Diabetes (2000, 17 min.)

What is Diabetes? (Type 2) (2000, 16 min.)

Moving Forward: Type 2 Diabetes in Young People (2005, 12 min.)

Managing Type 2 Diabetes in Young People (2005, 20 min.)

A Family Perspective: Type 2 Diabetes in Young People (2005, 20 min.)

Local Organizations:

American Diabetes Association (enter your zip code for local affiliate/support group information)

<http://www.diabetes.org/>

Juvenile Diabetes Foundation International (search "chapters and affiliates" for local information)

<http://www.jdfcure.org/>

World Wide Web:

Children With Diabetes

<http://www.childrenwithdiabetes.com/>

CDC's Diabetes & Public Health Resource

<http://www.cdc.gov/diabetes/>

National Institute of Diabetes and Digestive and Kidney Diseases Health Information

<http://www.niddk.nih.gov/health/diabetes/diabetes.htm>

MedlinePlus (encyclopedia, health topics, drug books, interactive tutorials in **English** and **Spanish**) at <http://medlineplus.gov/>

MedlinePlus Health Topics: Diabetes

<http://www.nlm.nih.gov/medlineplus/diabetes.html>

MedlinePlus Health Topics: Juvenile Diabetes (Type I)

<http://www.nlm.nih.gov/medlineplus/juvenilediabetes.html>

MedlinePlus Health Topics: Diabetes and Pregnancy

<http://www.nlm.nih.gov/medlineplus/diabetesandpregnancy.html>

MedlinePlus Health Topics: Diabetic Eye Problems

<http://www.nlm.nih.gov/medlineplus/diabeticeyeproblems.html>

MedlinePlus Health Topics: Diabetic Foot

<http://www.nlm.nih.gov/medlineplus/diabeticfoot.html>

MedlinePlus Health Topics: Diabetic Kidney Problems

<http://www.nlm.nih.gov/medlineplus/diabetickidneyproblems.html>

MedlinePlus Health Topics: Diabetic Nerve Problems

<http://www.nlm.nih.gov/medlineplus/diabeticnerveproblems.html>

KidsHealth (search diabetes and find many pages written for kids, for teens, and for parents) <http://www.kidshealth.org/>

KidsHealth for Parents: Diabetes Center (and more)

http://www.kidshealth.org/parent/centers/diabetes_center.html

Diabetes Monitor <http://www.diabetesmonitor.com/>

Diabetes Monitor in **non-English** languages <http://www.diabetesmonitor.com/other-10.htm>

Diabetes Head-to-Toe Cookbook <http://www.hsc.missouri.edu/~nutrition/headtoe.shtml>

Healthy Roads Media: Diabetes (information in written, audio, video, multimedia formats in many **non-English** and low literacy languages)

<http://www.healthyroadsmedia.org/topics/diabetes.htm>

These resources and others are available in the Kreamer Family Resource Center, ground floor of the Sutherland Tower in Children's Mercy Hospital, or call 816-234-3900 to arrange pick up from the Children's Mercy South Information desk. If you are not a patient of Children's Mercy Hospital & Clinics, books may be borrowed through Interlibrary Loan: contact your local librarian to arrange this.

updated 7/09/2007

Kreamer Family Resource Center

Children's Mercy Hospitals & Clinics

2401 Gillham Road

Kansas City MO 64108

816-234-3900



Children's Mercy

HOSPITALS & CLINICS

www.childrens-mercy.org