

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



DIABETES / LE DIABÈTE

*Kaitlin Atkinson Family Resource Library / Bibliothèque de
ressources familiales Kaitlin Atkinson*

Resource List / Ressources

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Information and Resources for Parents / Liste de ressources pour les parents

Canada's best cookbook for kids with diabetes / Bartley, Colleen -- Toronto, ON: Robert Rose, 2005.

This book has been developed to help parents of children with diabetes provide delicious and nutritious kid-friendly food that the whole family can enjoy. All the recipes help to deliver the supervised diet that children with diabetes require without making them feel deprived or left out.
FAM RJ 420 .D5 B365 2005

Connaître son diabète: pour mieux vivre! -- Montréal: Éditions Rogers Media, 2001.

Écrit par une équipe multidisciplinaire, cet ouvrage sera une source d'information pour la population en général et il saura motiver les personnes souffrant de diabète à se prendre en charge, à mieux se connaître, à mieux se traiter et à mieux vivre.
FAM RJ 420 .D5 C66 2001

The everything parent's guide to children with juvenile diabetes: reassuring advice for managing symptoms and raising a healthy, happy child / McCarthy, Moira -- Avon, MA: Adams Media, 2007.

The Everything Parent's Guide to Children with Juvenile Diabetes helps you cope with the challenges of helping your children live happy, healthy lives while controlling the disease. This reassuring, easy-to-use guide features advice on, adjusting to life with diabetes, helping your children take control of their health, monitoring diet and insulin levels and handling emergencies.
FAM RJ 420 .D5 M385 2007

Food and diabetes: for kids, teens, families and caregivers / Yasui, Doreen -- Vancouver: BC Children's Hospital, 2002.

This book provides excellent, real-world advice on how to take care of food issues, for toddlers on up. There are sections on managing snacks at school, foods that help minimize the risk of night time lows and lows after sports, birthdays and other special events, and many other topics.
FAM RJ 420 .D5 Y37

Real life parenting of kids with diabetes / Nasymth Loy, Virginia -- Alexandria, VA: American Diabetes Association, 2001.

Virginia Loy has been the chief engineer behind the successful management of her two sons' diabetes for more than 12 years. Virginia reveals her organized, experienced, and practical advice for helping children cope with and manage their diabetes from elementary school through college.
FAM RJ 420 .D5 L697 2001

Think like a pancreas: a practical guide to managing diabetes with insulin / Scheiner, Gary -- New York: Marlowe, 2004.

Certified diabetes educator and exercise physiologist Scheiner covers the knowledge and actions needed to control blood glucose levels successfully: an understanding of insulin types, proper use of equipment and coordination with healthcare professionals.
FAM RJ 420 .D5 .S36 2004

When a child has diabetes / Daneman, Denis -- Toronto: Canadian Medical Association, 2010.

The treatment of diabetes involves carefully balancing food intake and activities with the administration of insulin, along with daily blood sugar monitoring and record keeping. This guide features case histories, handy charts and diagrams, and tips for day-to-day living.
FAM RJ 420 .D5 D36 2010

Resources for Kids and Teens / Liste de ressources pour les enfants et les adolescents

487 really cool tips for kids with diabetes / Loy, Spike Nasmyth -- Alexandria, VA: American Diabetes Association, 2004.

This book is a collection of practical tips contributed by children and young people with diabetes, their parents and doctors.

FAM RJ 420 .D5 L693 2004

CJ has diabetes / Olson, Julie -- Atlanta, GA: Pritchett & Hull Associates, 2005.

CJ has Diabetes is a book designed for young adults with Type 1 diabetes. Its unique comic book format combines illustrations and conversational language that teenage patients can easily understand. It includes information on blood sugar, diet and medicines as well as additional resources so that the teenager can learn more.

FAM RJ 420 .D5 O44 2005

Diabetes: the ultimate teen guide / Moran, Katherine -- Maryland: The Scarecrow Press, 2004.

Provides practical information on living with diabetes, discussing what the disease is, how to manage it, treatment options, and related issues.

FAM RJ 420 .D5 M67 2004

Le diabète chez l'enfant et l'adolescent / Geoffroy, Louis -- Montréal: Éditions de l'Hôpital Sainte-Justine, 2002.

Ce livre fait la somme des connaissances actuelles sur le diabète chez l'enfant et l'adolescent autant du point de vue psychologiques et social.

FAM RJ 420 .D5 G46 2002

Le dragon à la dente sucrée: le diabète / Marleau, Brigitte -- Montréal: Boomerang Éditeur Jeunesse, 2009.

Je m'appelle Léon. Je joue le rôle d'un dragon dans un spectacle d'école. Je suis diabétique. Sans l'insuline, le sucre reste dans mon sang. Il faut que je fasse de l'exercice et que je surveille mon alimentation. A bien y penser... manger un chevalier, ça ne devrait pas être trop sucré!

FAM RJ 420 .D5 M29 2009

How I feel: a book about diabetes / Olson, Michael -- New York: Lantern Books, 2002.

The author describes his younger brother's experiences finding out that he had diabetes and learning to live with this condition.

FAM RJ 420 .D5 O475 2002

I'm tougher than diabetes! / Carter, Alden R. -- Morton Grove, IL: Albert Whitman & Co. 2001.

In this book, nine-year-old Natalie explains what Type 1 diabetes is and what she has to do in order to keep herself well. With the support of her family, her doctor, and her dietitian, Natalie is able to manage her diabetes and continue to do all the things she loves.

FAM RJ 420 .D5 C67 2001

Katie goes to the movies / Smith, Rachelle -- Canada: ArtBookbindery.com, 2008.

Katie is a normal girl who likes to spend time with her friends and go to the movies. However, Katie has diabetes and she tells the reader all about checking her blood sugar and insulin.

FAM RJ 420 .D5 S64 2008

Lara takes charge: for kids with diabetes, their friends, and siblings / Lang, Rocky -- Northridge, CA: HLPI Books, 2004.

Friendly pictures with lots of color are used to tell the story of Lara, a little girl with diabetes. Lara tells all the things she does that regular kids do -- run, swim, dance -- and she talks about her

insulin pump and doing blood tests. If you have a young child with diabetes, Lara's story will help them understand that they're not the only kid in the world with diabetes. Appropriate for children 4–10 years.

FAM RJ 420 .D5 L36 2004

Leon's story: understanding diabetes / Lanouette, Monique -- Montreal, QC: Hôpital Sainte-Justine, 2005.

Leon's Story has been designed to help preschool children with diabetes understand what is happening to them and to help parents provide the support they need.

FAM RJ 420 .D5 L313 2005

Life with diabetes: Lacie the lizard's adventure / Sheppard, Dana -- USA: Critters Inc. 2005.

This is an entertaining and educational story about Lacie the Lizard on an insulin pump. Children will love the colourful illustrations and heart-warming story. As a parent, Lacie can help you understand what to expect from Juvenile Diabetes and more importantly, that a normal and long life can be achieved with proper care, exercise and diet.

FAM RJ 420 .D5 S5 2005

My friend Fred / Zaitlin, Heather -- Juvenile Diabetes Research Foundation, 2006.

A little girl tells the story of how Fred, her insulin pump helps her stay healthy.

FAM RJ 420 .D5 Z35 2006

La petite histoire de Léon / Lanouette, Monique -- Montréal, QC: Hôpital Sainte-Justine, 2005.

Cet album tout en couleur vise à aider les enfants à mieux comprendre cette maladie qu'est le diabète et à mieux faire partager les émotions vécues par l'enfant et sa famille. Pour les enfants de 2 à 8 ans.

FAM RJ 420 .D5 L3 2005

Teenagers with type 1 diabetes: a curriculum for adolescents, families, and health professionals --

Alexandria, VA: American Diabetes Association, 2000.

Living with diabetes is never easy, especially as a teenager. Learn how to give your teen the tools they need to be better able to make more informed decisions, make necessary adjustments in their treatment, and take an active role in their own care.

FAM RJ 420 .D5 T44

Trick or treat for diabetes: a Halloween story for kids living with diabetes / Gosselin, Kim -- Valley Park, MO: JayJo Books, 1999.

This book was written for all children living with Type 1 Diabetes whose families and friends sometimes don't realize that there are creative ways to allow these children to take part in this imaginative, traditional holiday we know as Halloween.

FAM RJ 420 .D5 G69 1999

Type 2 diabetes in teens: secrets for success / Betschart-Roemer, Jean -- New York: John Wiley & Sons, 2002.

Type 2 Diabetes in Teens was written to help you better understand and manage your diabetes. It's very important that you take care of yourself and follow your treatment—and this book gives you information on living well, including how to keep blood sugar in control, what to do when you get cravings, how to manage your diabetes in school, what to say to your friends and your dates, how to be patient with yourself and enjoy life.

FAM RJ 420 .D5 B475 2002

What's up with Ella?: Medikidz explain diabetes / Chilman-Blair, Kim; Taddeo, John -- New York: Rosen Central, 2010.

This graphic novel has superheroes representing the different parts of the body which provides a non-threatening approach to explaining the disease to readers.
FAM RJ 420 .D5 .C55 2010

Why me?: why did I have to get diabetes? / Messinger, Robert -- Lake Hiawatha, NJ: Little Mai Press, 2004.

An unlikely interaction between two third-grade classmates helps them both come to terms with the feelings they have about their diabetes.
FAM RJ 420 .D5 M4 2004

Web Sites / Sites internet

Canadian Diabetes Association

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

JDRF / FRJD

<http://www.jdrf.ca/>

Diabetes – Public Health Agency of Canada / Diabète - Agence de la santé publique du Canada

<http://www.phac-aspc.gc.ca/cd-mc/diabetes-diabete/index-eng.php>

Diabetes – MedlinePlus from the US National Library of Medicine

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

American Diabetes Association

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

Kids Health – Information for Kids, Teens and Parents from the Nemours Foundation

<http://kidshealth.org/>

Diabètes Québec / Diabetes Québec

<http://www.diabete.qc.ca/>

Diabetes in Children: Preparing a Care Plan for School - HealthLink BC

<http://www.healthlinkbc.ca/kb/content/actionset/uz2122.html>

Diabetes – Webicina

<http://www.webicina.com/diabetes/>

Meal Planning for Children with Diabetes – About Kids Health from SickKids / Planification des repas pour les enfants diabétiques - SickKids

<http://www.aboutkidshealth.ca/en/resourcecentres/diabetes/treatmentofdiabetes/mealplanning/pages/default.aspx>

Apps

Glucose Buddy

- From Azumio, Inc.

- Free
- English
- Last updated June 2012
- From Google Play: Glucose Buddy is a data storage utility for people with diabetes. Users can log: BG; Carbs (Food); Medication (Insulin Dosages); Activities; A1C; Blood Pressure and Weight. Remembering to test your blood sugar is always a problem, that's why in GB there are reminders that are associated with events so you'll never forget to test again!
- Available from [Google Play](#) and [iTunes](#)

bant

- University Health Network
- Free / gratuit
- English, French, Arabic, German, Italian, Korean, Portuguese, Russian, Simplified Chinese, Traditional Chinese, Spanish / anglais, français, arabe, allemand, italien, coréen, portugais, russe, chinois simplifié, chinois traditionnel, espagnol
- Last updated / dernière mise à jour May 2015 mai
- iTunes: bant simplifies your diabetes management. Enter your readings with a single swipe, store it instantly to your Microsoft HealthVault account. Share your experience with the diabetes community through Twitter. / bant simplifie la gestion de votre diabète. Entrer simplement vos lectures. Emmagasiner instantanément à votre profile Microsoft HealthVault. Partager vos expériences par Twitter.
- Available from / disponible via [iTunes](#)

mySugr Junior

- mySugr GmbH
- Free / gratuit
- English, French, German and Italian / anglais, français, allemand et italien
- Last updated / dernière mise à jour June 2014 juin
- Google Play: The mySugr Junior App is a diabetes logbook app specially made for children. It makes it possible for children to learn to manage their diabetes in a playful way. At the same time, it helps parents to feel confident and gives them control over the therapy. A little diabetes monster accompanies the kids through the app and gives feedback on their entries. The child can enter data such as blood glucose levels, food and insulin or take a picture of his meals, but they can also request help whenever the parents are not around. All entries can be sent as a push message or email from within the app to the parents' phone. This way, the child can ask for feedback on calculating carbs or the insulin dose. / L'objectif de mySugr Junior est de faciliter la gestion du diabète par les enfants, tout en permettant aux parents de garder un œil sur le traitement de leurs bambins lorsque ceux-ci sont à l'école ou chez les copains. L'application ressemble à un jeu dans lequel l'enfant reçoit des points pour toutes les entrées qu'il fait, le but étant d'atteindre un certain nombre de points par jour. De cette manière, il reste motivé et régulier dans le traitement de son diabète. Un petit monstre accompagne l'enfant à travers l'application et lui offre un retour sur ses entrées. L'enfant peut entrer ses données de glycémie, de glucides, d'insuline, prendre des photos de ses repas, et demander l'aide de ses parents même s'ils ne sont pas à côté. Toutes les entrées sont envoyées sous forme de message push, ou d'email sur le téléphone des parents. Ainsi, le bambin peut être épaulé n'importe où, lors du calcul de glucide ou de la dose d'insuline.
- Available from / disponible via [Google Play](#) and [iTunes](#)

Diabetes Logbook by mySugr

- mySugr GmbH
- Free with in-app purchases / Gratuit avec des achats in-app
- English, Dutch, German, Italian, Polish, Spanish, Swedish / anglais, français, néerlandais, allemand, italien, polonais, espagnol, suédois
- Last updated / dernière mise à jour Jan 2016 janvier
- Google Play: mySugr Logbook is a charming, sometimes outspoken diabetes manager that focuses on



making your diabetes data useful in everyday life. Adding elements of fun, gamification, and immediate feedback (with attitude!) through a diabetes monster (that you can name) to help keep you motivated and involved in your therapy. Key Features: Designed for both type 1 & type 2 diabetes; Quick and easy logging; Convenient data analysis; Neat and clear graphs; Exciting; challenges; Smile-inducing feedback; Secure data backup; Social sharing functions; Registered medical device. / mySugr Carnet est un charmant gestionnaire de diabète qui sort de l'ordinaire, avec pour objectif de rendre tes données utiles au jour le jour. Grâce à des éléments de jeu et des feedbacks immédiats (transmis avec humour) par ton monstre diabète (que tu peux nommer), nous t'aidons à rester motivé et impliqué dans ta thérapie. Fonctionnalités: Conçu pour les diabètes de type 1 et 2 ; Enregistrement de données facile et rapide ; Graphique clair ; Défis motivants ; Feedbacks qui font sourire ; Sauvegarde des données sécurisées ; Fonctionnalités de partage ; Intégration Apple Health ; Dispositif médical certifié

- Available from / disponible via [Google Play](#) and [iTunes](#)

Local Contacts / Liaison régionales

Canadian Diabetes Association – Ottawa
45 Montreal Road
Ottawa, ON K1L 6E8
613-521-3667
www.diabetes.ca

JDRF / FRJD – Ottawa
1600 Merivale Road, Suite 206
Ottawa, ON K2G 5J8
613-244-4818
Toll-Free: 866-796-5373
Fax: 613-244-4822
ncr@jdrf.ca
<http://www.jdrf.ca/>

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.



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