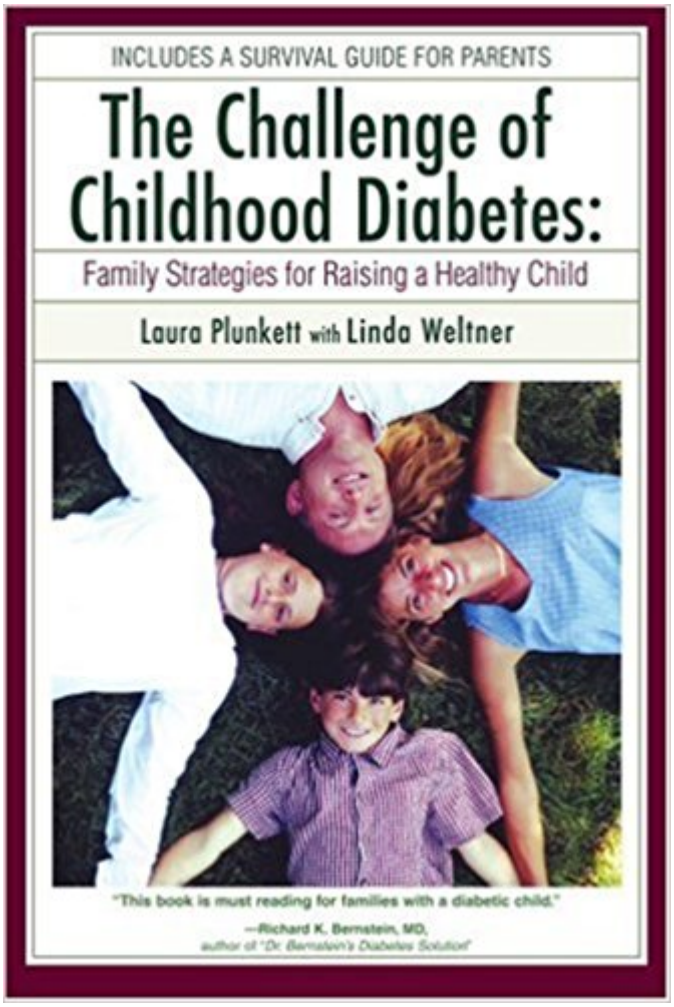
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The Challenge Of Childhood Diabetes: Family Strategies For Raising A Healthy Child



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Synopsis

When seven-year old Danny was diagnosed with juvenile diabetes, his mother Laura Plunkett desperately searched for ways to help her family cope with his life-threatening disease. Feeling anxious and overwhelmed, she struggled to manage wildly fluctuating blood sugar numbers, transform her reluctant family's diet, educate friends and teachers, and balance her family's needs with her own. Over time Danny attains excellent blood sugar control and the family reaches a new and comfortable sense of normal. To help others weather such shockingly new circumstances, Plunkett and her extended family share their three-year journey from crisis to confidence with humor and warmth. An intimate look at issues of diet, exercise, communication, sibling rivalry, medical care, and holistic medicine, The Challenge of Childhood Diabetes is the friend, coach, and consultant that the family of every newly diagnosed child will turn to on a daily basis. It includes a Survival Guide for obtaining support, maintaining self-care, developing family strategies for coping with the disease, and achieving emotional perspective.The Challenge of Childhood Diabetes is insightful and compassionate, filling the void between doctor's visits with the comforting voice of a loving and experienced caretaker. It's an invaluable resource for extended family, friends, teachers, neighbors, and medical professionals.Visit www.challengeofdiabetes.com for more information.

Book Information

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Customer Reviews

Our book offers parents the opportunity to learn in three hours what we learned in three years. I wrote it with my co-author because we didn't want mothers and fathers to feel alone. My favorite letters are ones in which the parents say "After reading your book, I finally realize I'm not crazy." or

"After reading your book, I can finally relax and sleep soundly." In addition, this book has helped many parents improve their child’s blood sugar control.

Laura Plunkett has a BA in psychology from Brown University and a therapeutic private practice in Marblehead, MA.Linda Weltner, the award-winning ?Ever So Humble? Boston Globe columnist, is Laura?s mother and a popular public speaker on family life.

So useful and well writ. Jack Weltner

I had a really hard time when my 6-year old was diagnosed with diabetes. I spent most of my time wishing we could have our old life back and daydreaming about running away. My husband and I put a lot of energy into raising money for research, but I was too anxious to think about anything but finding a cure.Because the author wrote this book as it was happening, I could really identify with her. I felt the same sense of disbelief at first and when she describes the chaos of those early dinners, it was like being at my own table. After seeing how overwhelmed she was at first, I felt like maybe I could arrive at the same place - a comfortable new normal - that she is in at the end of two years. It wasn’t until I read this book that I was able to face the fact that this was the life we had and to decide to actually make something wonderful out of it.It was tremendously reassuring to find out that the author very slowly changed her family’s diet and figured out ways to get her husband and her children to co-operate. I have tried some of her strategies and they work. Lily’s blood sugar readings have evened off and her first A1c came back almost a point lower. I’m confident that someday, like Danny, she’ll be under 7.This book is as engrossing as fiction, and if you are so caught up in the story that you miss the lessons that the experiences have to teach you, there is a survival guide at the end which tells you everything you need to know in just a few pages.This book made me feel "I can do this!" and I truly believe now that the way I respond to Lily’s illness can help my family become healthier, more co-operative, and closer than ever. This book is very practical and informative, but what made it really special is that it gave me hope.

The parent of a child newly diagnosed with diabetes can be overwhelmed, terrified, and desperate. Seeing the medical team infrequently, talking to a busy intern on the phone in moments of panic, and trying to make sense of a myriad of how-to books can cause the parent of the newly diagnosed child to struggle during the day and stay awake at night worrying.This author has been there, hit the depths and emerged to write the tale. Her book offers advice for a new normal with family members

closer than ever and the child achieving blood sugar levels below the national average in the range where later complications will be avoided.The book has practical advice to help deal with this difficult situation - about diet and exercise as well as a cooperative spirit of sharing the dailiness of life with those close. Certainly family can pull together. This book should be shared with teachers and the parents of friends of the child so that they can be supportive and understanding.If you the parent of a child with diabetes and are struggling to keep it together, you can learn alot from this book and make your entire family healthier, emotionally and physically.

The book does a great job of offering alternatives and while some may not be right for cetain folks, the open and honest approach to finding a personal path was great and well worth exploring. It stimulates thought and ideas and gives options to consider that aren't usually discussed in as much detail from a parent's perspective. While I don't pretend to know all of the most detailed clincal thinking on the subject, its common sense approach to eating healthier--not just for children with diabetes, but for all children--seems right on target given the epedemic in childhood obesity. I think the other reviewer's comments focusing heavily on the honeymoon period and insulin strategy miss the point--I didn't think that was the core point. And I also don't agree that the book is alarming--rather, it's reassuring because it opens so many doors for support not commonly known or understood. It's a fast read with much to digest! For parents looking to gather more information with a broader perspective on the disease, this is a great choice!

This book was written as a labor of love, and the author obviously loves her son without bound and would do anything to help him. The problem with this is that love can sometimes skew our realistic view of certain situations. As a person living with diabetes for 11 years, as well as a member of a family of multiple people living with diabetes, I definitely understand the trials and tribulations, the emotional, physical, and blood sugar ups and downs that can occur with this disease. I can also say that complete and utter control- meaning precise schedules, specific food and excersize plans, etc. are not neccessarily the best and most effective way to deal with diabetes. Of course this method works, but there comes a point in every diabetic's life when they are out of control for whatever reason. It is extremely important for a child with diabetes to learn how to deal with this aspect on his own, and as soon as possible, to prepare him for the inevitable independent adulthood which will come sooner than the parent expects. Yes, it is possible to be a healthy diabetic with controlled blood sugars as well as an independent person who makes his own decisions about his own body. Many parents cannot grasp this part of diabetes, and I worry about the repercussions for this type of

life when this child is grown and living on his own.

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