

KATHERINE LOCKWOOD + OLGA SALL

MY BODY BEEPS!

GROWING UP
WITH DIABETES



About the Creators



Katherine Lockwood, Author
As a disability rights advocate, mental health therapist, and educator, Katherine is passionate about disability representation and inclusion in children's literature. Growing up with cystic fibrosis and diabetes, she understands the profound importance of seeing disabled people succeed in all aspects of life. Katherine lives on Cape Cod with her husband, Arden, and daughters, Rose and Magnolia. When she's not working on new books, you'll find her swimming, boating, renovating, and enjoying potluck dinners with friends.



Olga Sall, Illustrator
With over 15 years of professional experience, Olga specializes in children's book illustrations. Her husband, their two children, their dog, and the beautiful Spanish weather inspire Olga to bring stories to life. One of Olga's greatest joys is seeing children's imaginations light up when they engage with her creations.

MY BODY BEEPS!

GROWING UP WITH DIABETES

written by
Katherine Lockwood

illustrated by
Olga Sall





For my brother Michael.
Thank you for being you.
– KL

“Katie, have fun, but it’s important
to take care of yourself. Put the
receiver in your pocket, and if you
beep, get your diabetes supplies
from my bag.”

“Can I play now?”



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Illustrations by Olga Sall

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"1... 2... 3..."

Olivia counts to 20.

*This is the best hiding spot.
No one will find me.*

"Ready or not, here I come."

BEEP!

Oh, no. Not now!...

"What's that noise?"
Olivia shouts.

BEEP!

*I don't want
people to know
MY BODY BEEPS!*