

Amalia

goes to a birthday party



FUNDACIÓN DIABETES
JUVENIL DE CHILE

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Amalia

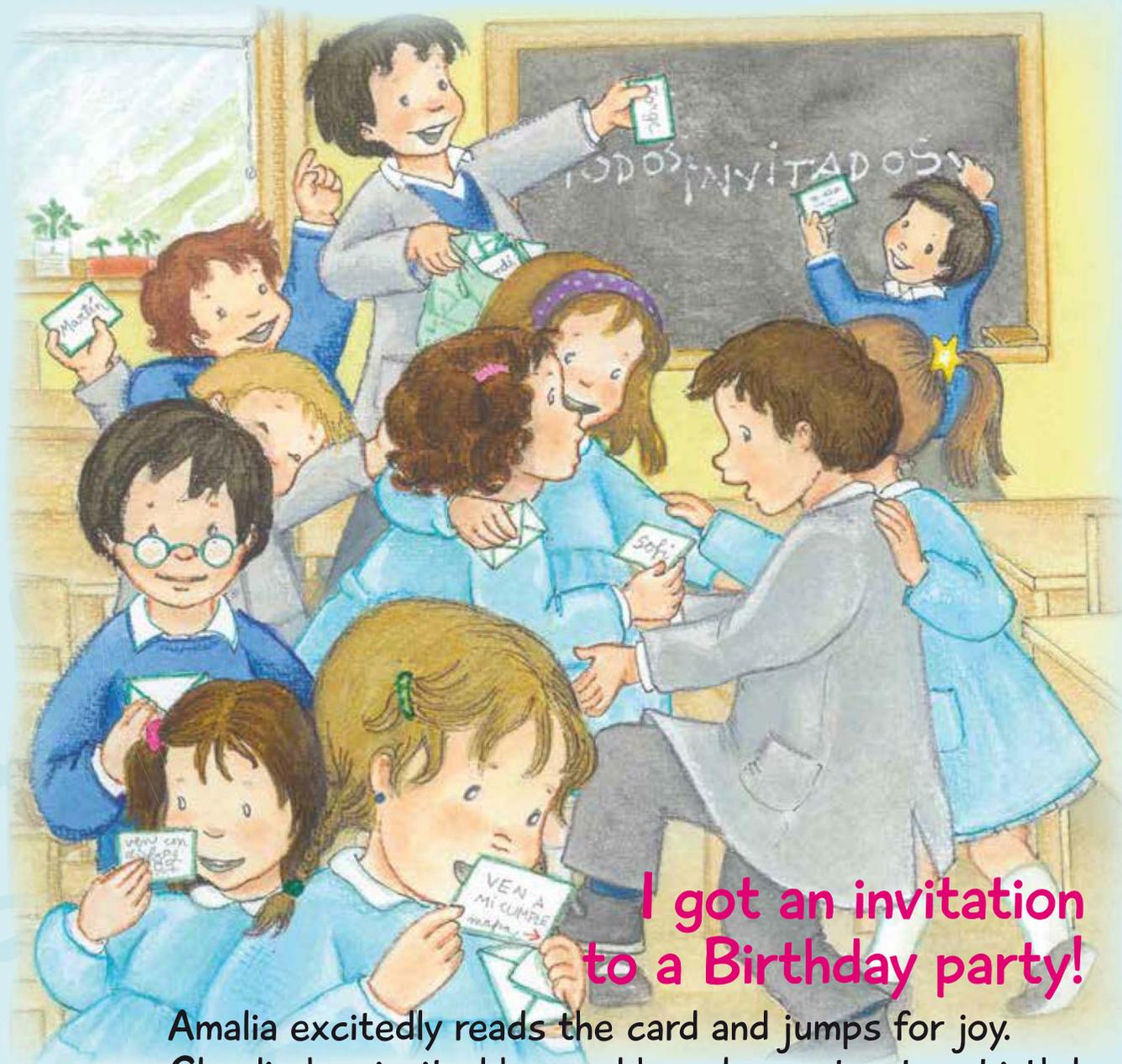
goes to a birthday party



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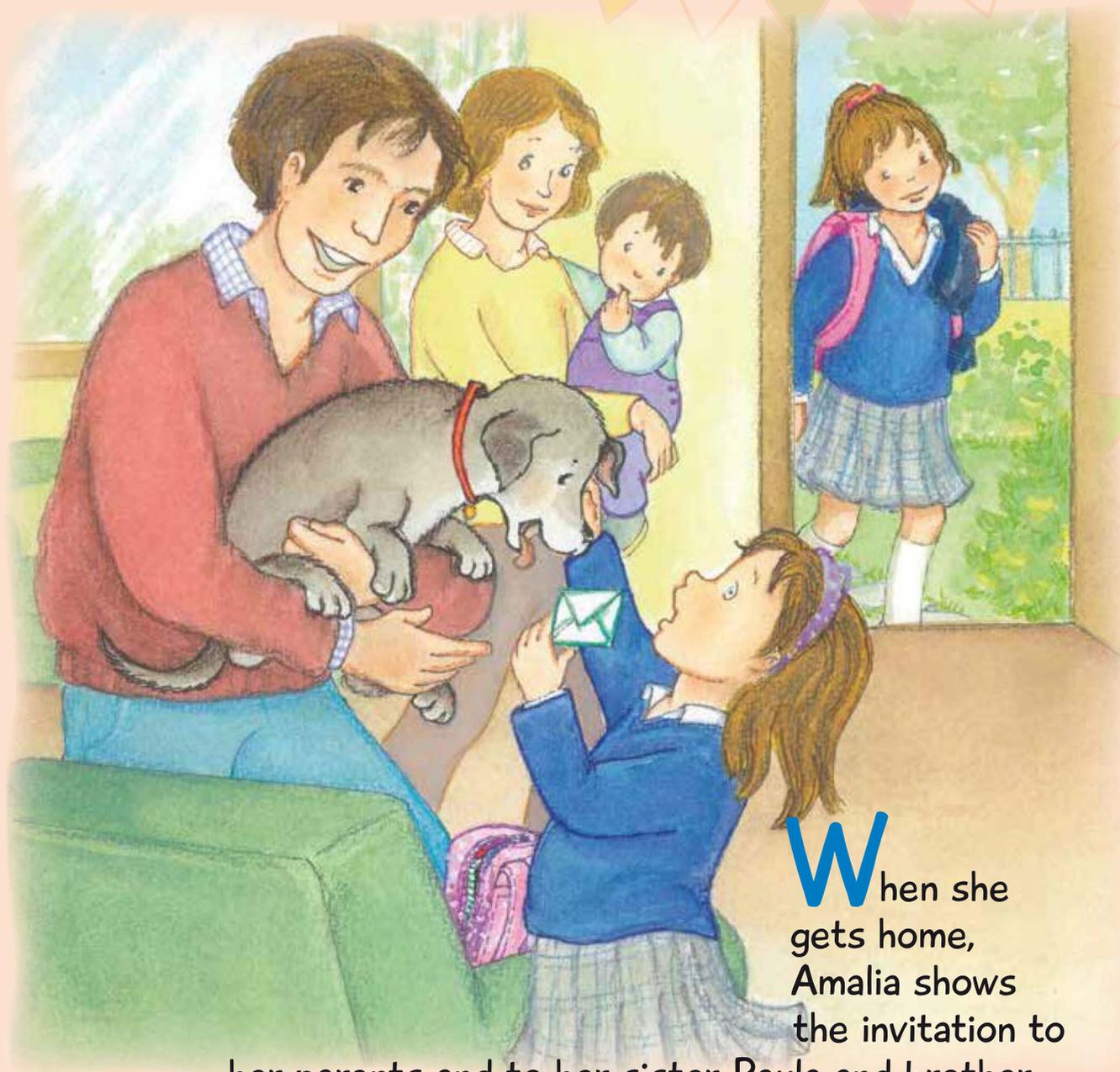
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I got an invitation to a Birthday party!

Amalia excitedly reads the card and jumps for joy. Claudio has invited her and her classmates to a birthday and costume party. Right away, she, George, and Sofia start talking about how they will dress up.



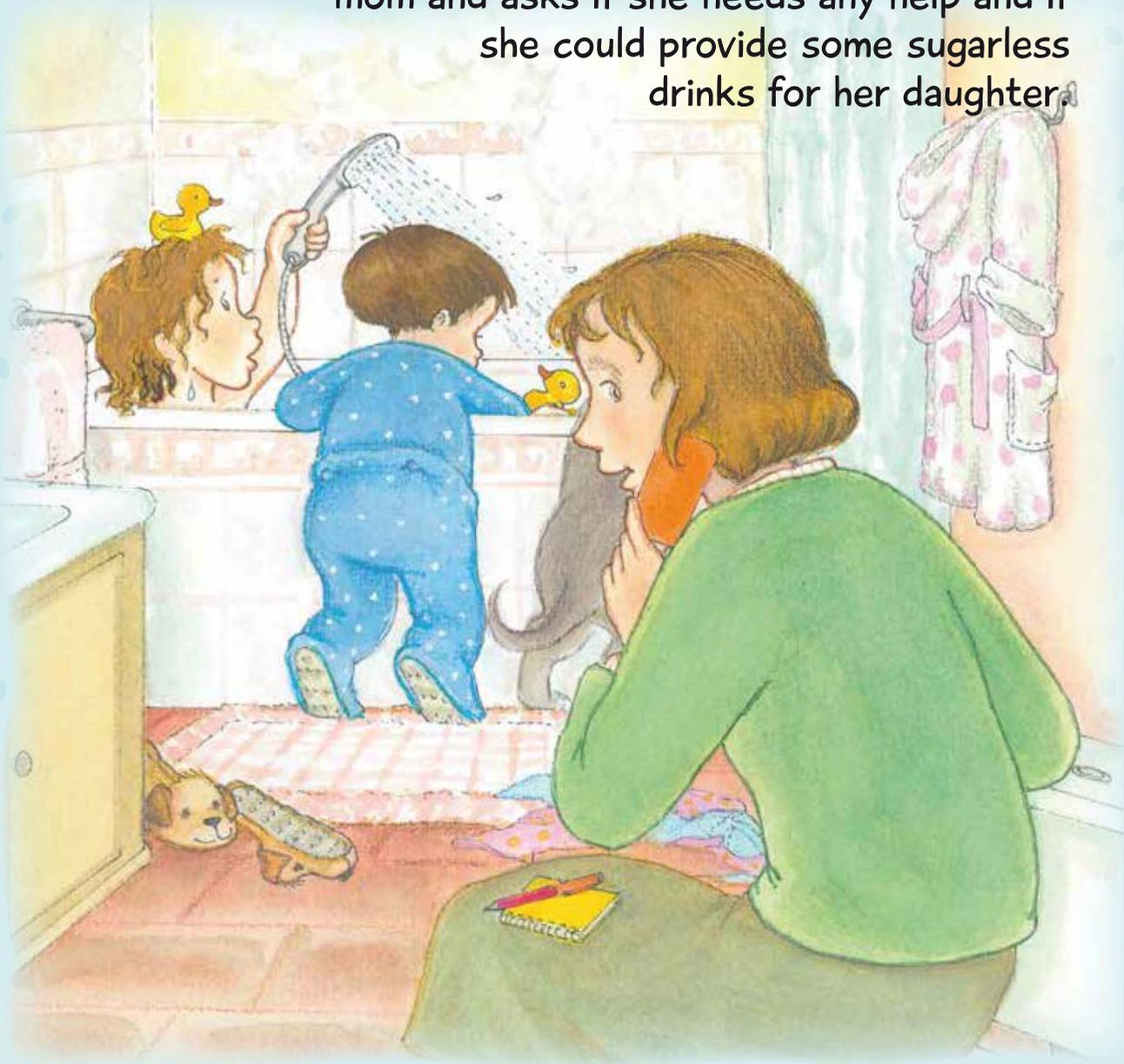
When she gets home, Amalia shows the invitation to her parents and to her sister Paula and brother Francisco. This party will be very fun! —she says enthusiastically.

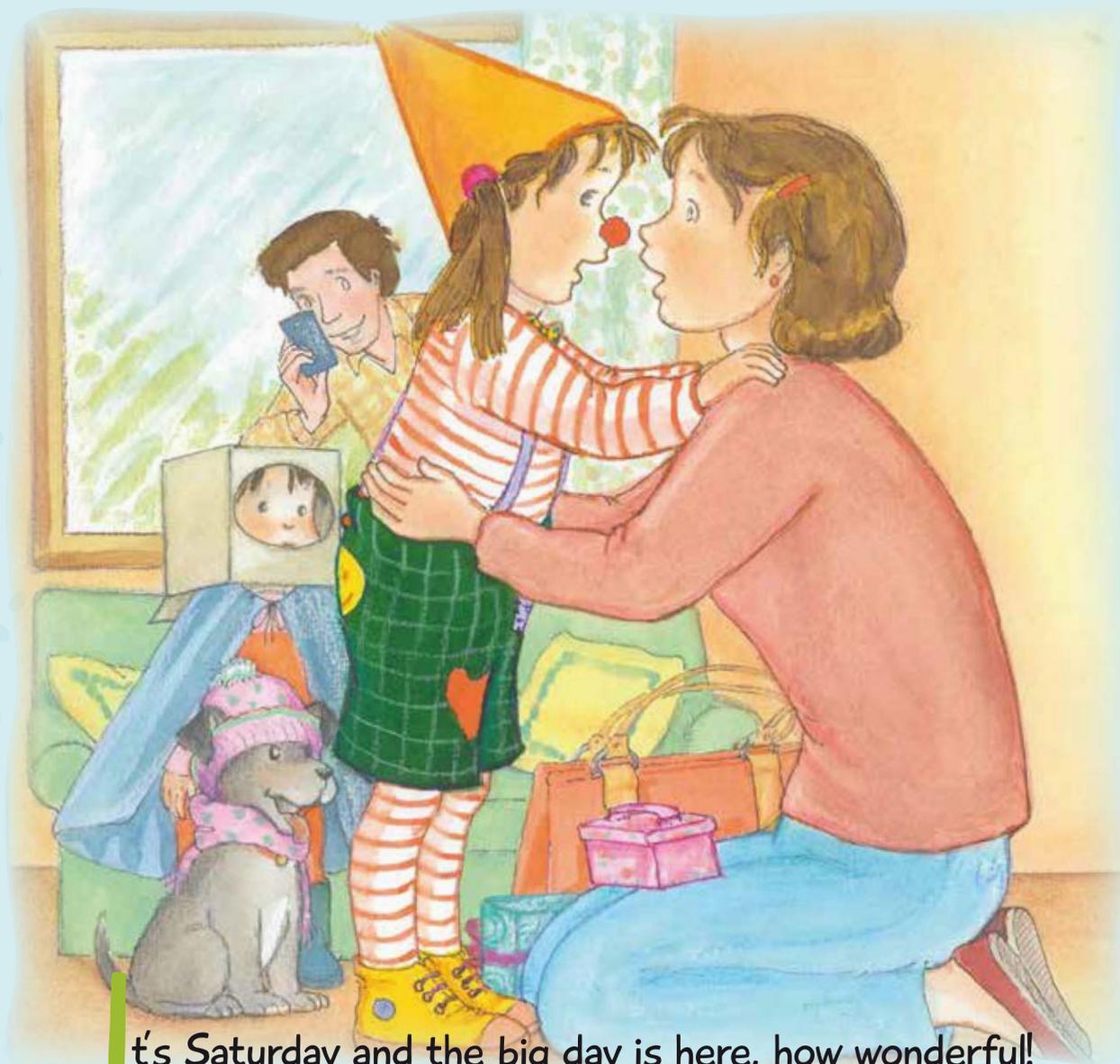


Amalia asks her sister and brother to help her with her costume. She goes into the closet and, for a while, experiments trying on different clothes. Then she has a great idea – I'll go dressed as a clown!



The days go by and the happy date is not far off. Amalia's mom calls Claudio's mom and asks if she needs any help and if she could provide some sugarless drinks for her daughter.



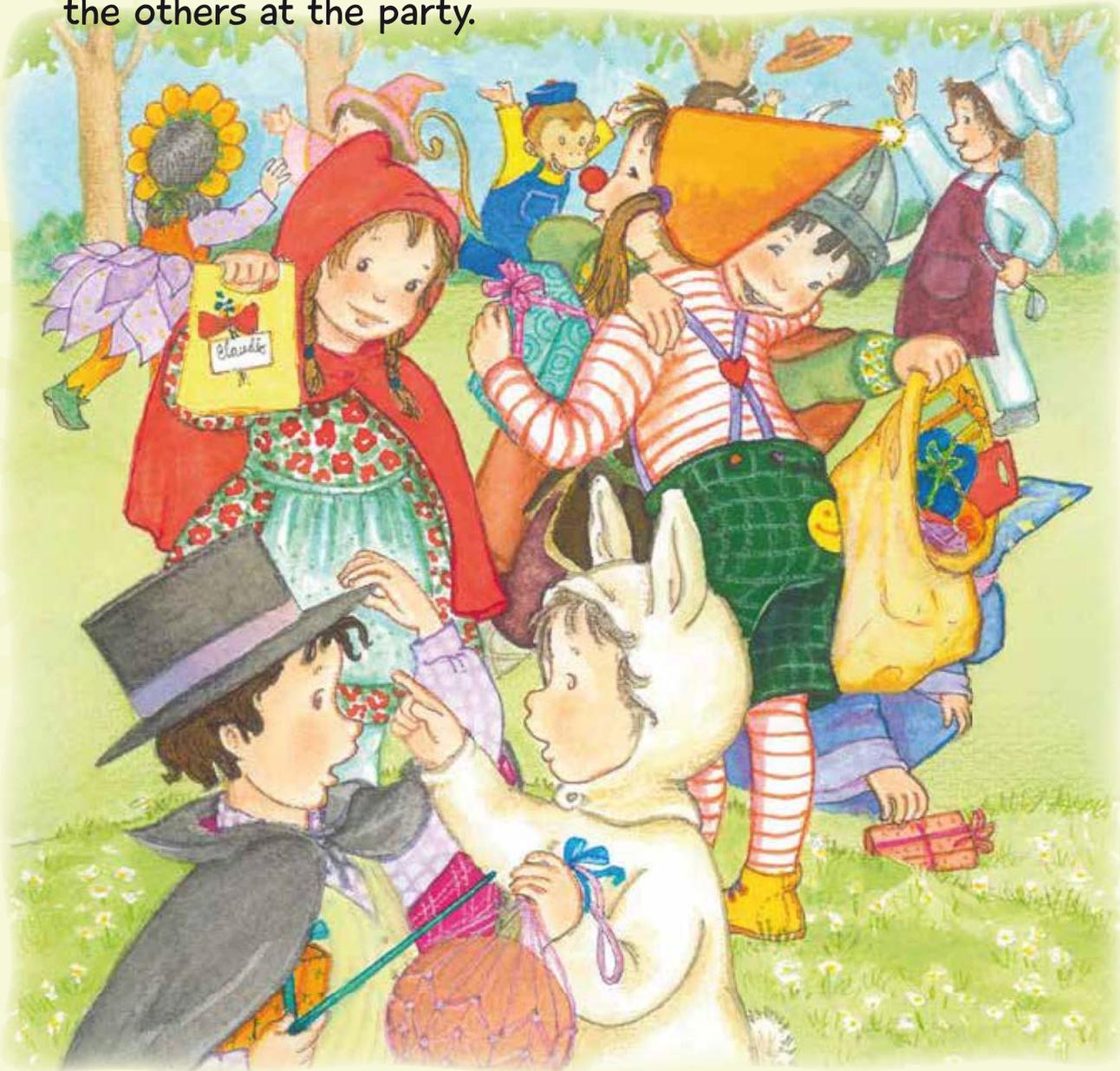


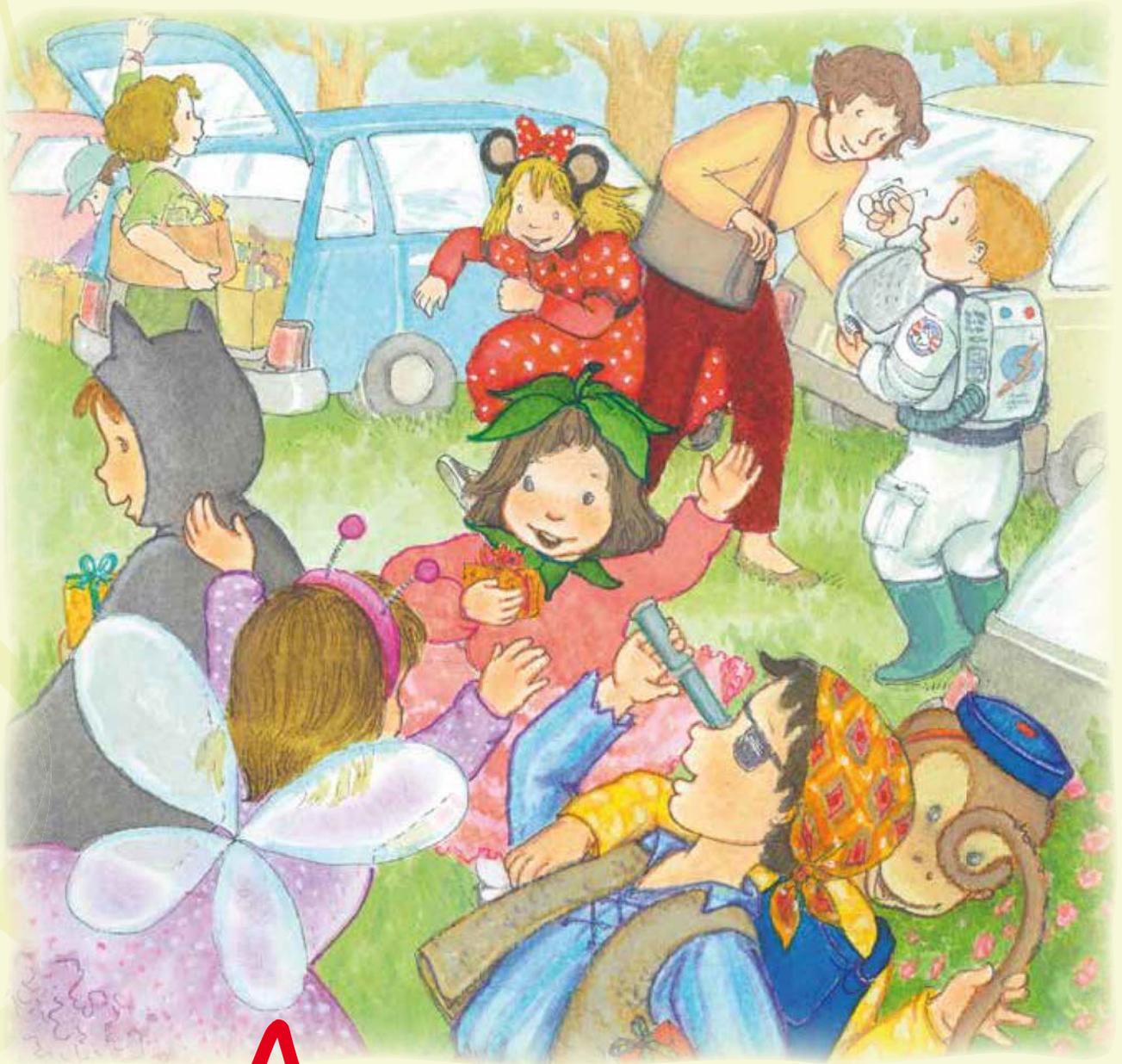
It's Saturday and the big day is here, how wonderful! Before heading to the party, Amalia tests her blood sugar level, and, together with her mother, prepares her bag with her glucose monitor, test strips, lancet device, insulin, syringes and a juice box, just in case she has a low blood sugar.



HAPPY BIRTHDAY CLAUDIO!

Amalia hugs her friend and greets all the others at the party.





All the partygoers laugh together
as they see how they are dressed.



The children begin to play musical chairs. They dance around and around and listen carefully for the music to stop.

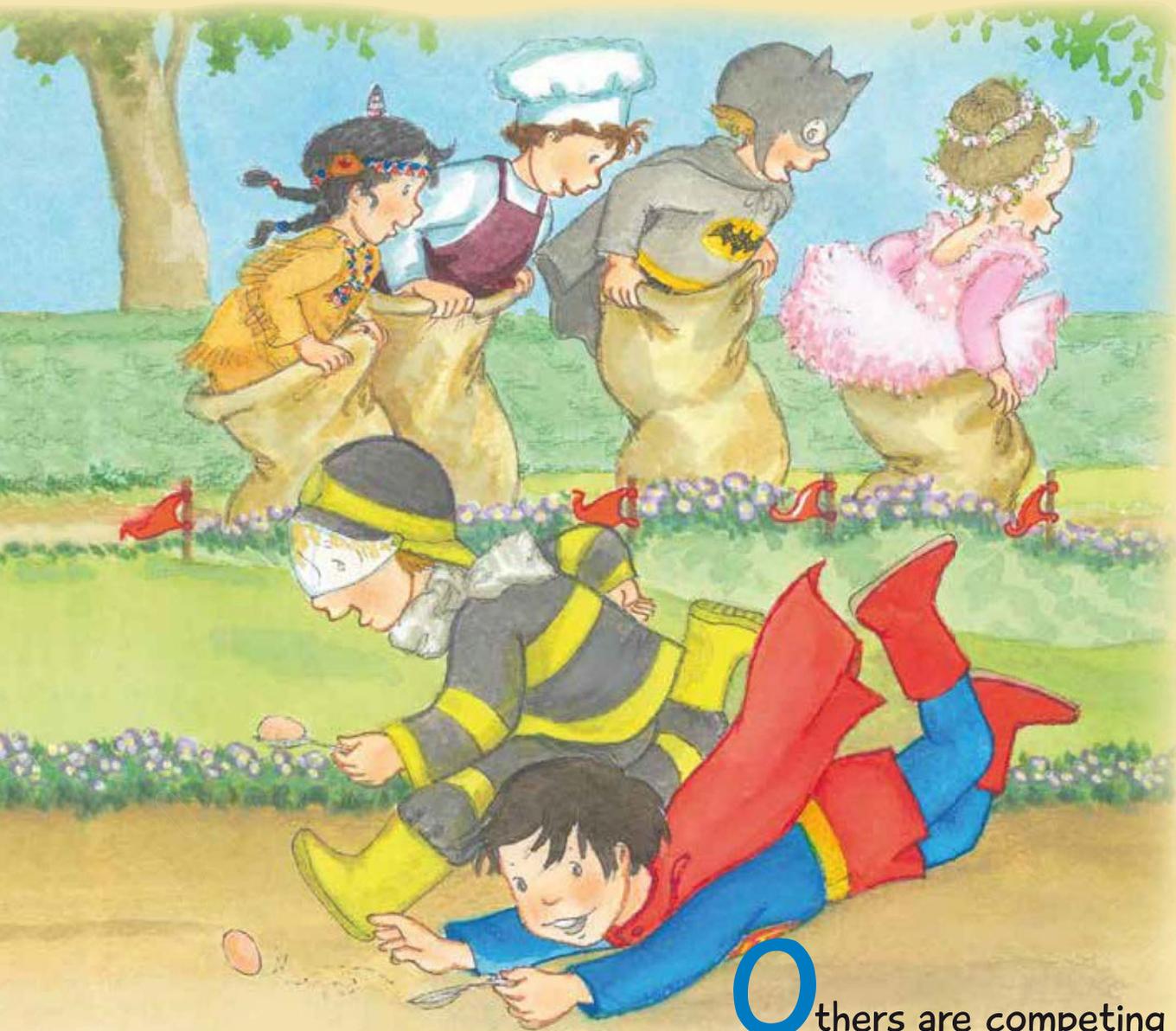




Amalia always manages to sit down when the music ends. Claudio's birthday party is so much fun!

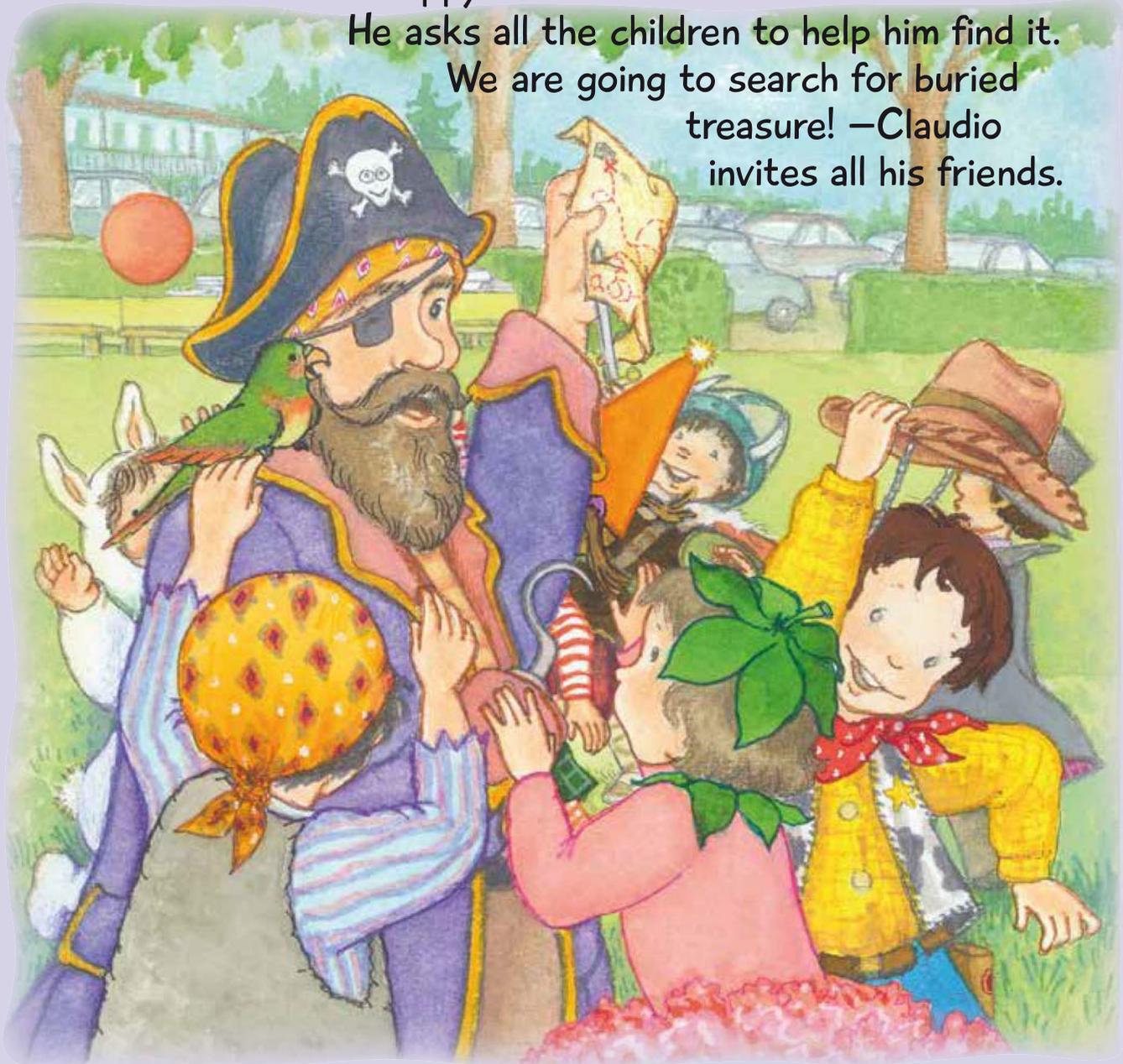


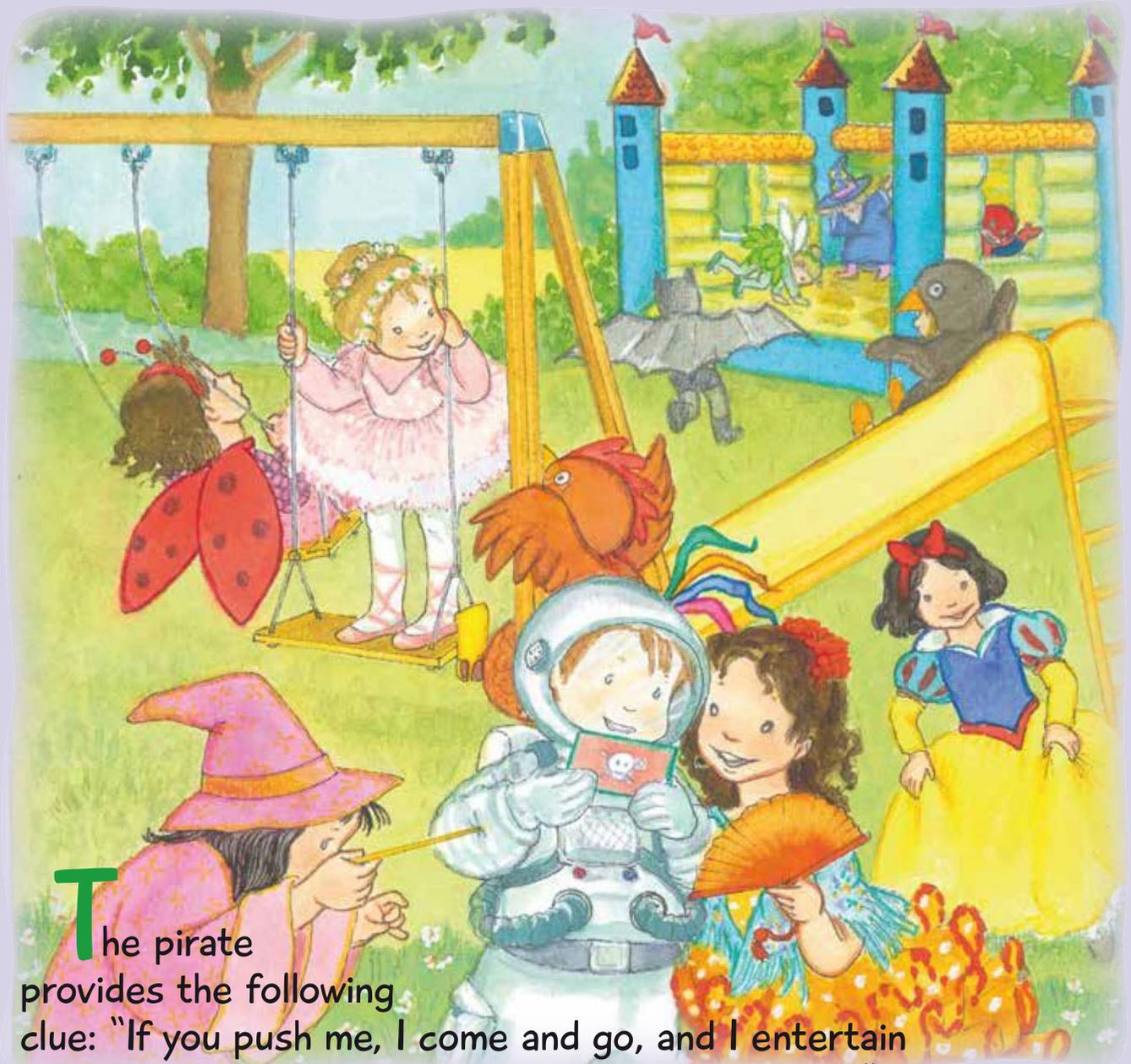
The games begin! Some of the children bob for apples in a pail. They look so funny with their heads all wet!



Others are competing in a sack race or running a race with an egg perched on a spoon.

Suddenly, a pirate appears. He's unhappy because he has lost his treasure. He asks all the children to help him find it. We are going to search for buried treasure! –Claudio invites all his friends.

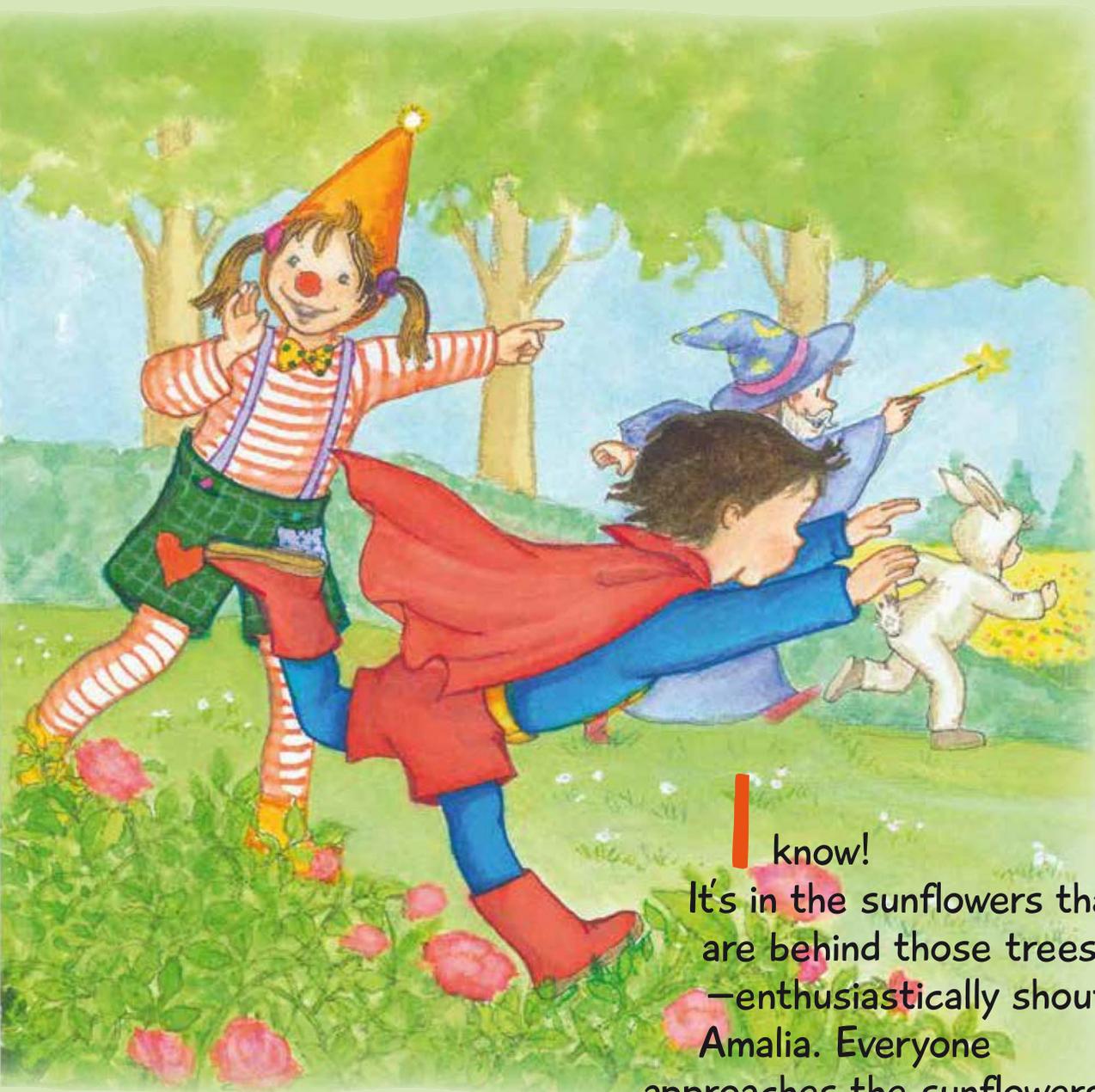




The pirate provides the following clue: "If you push me, I come and go, and I entertain many children in backyards and parks. What am I?" A swing! —responds Anita. Everyone runs to the swing set to see what might be waiting for them there.

found another clue! "It's a plant with a flower which turns and turns searching for the sun". George looks around and sees many roses, he runs towards them but doesn't find anything.



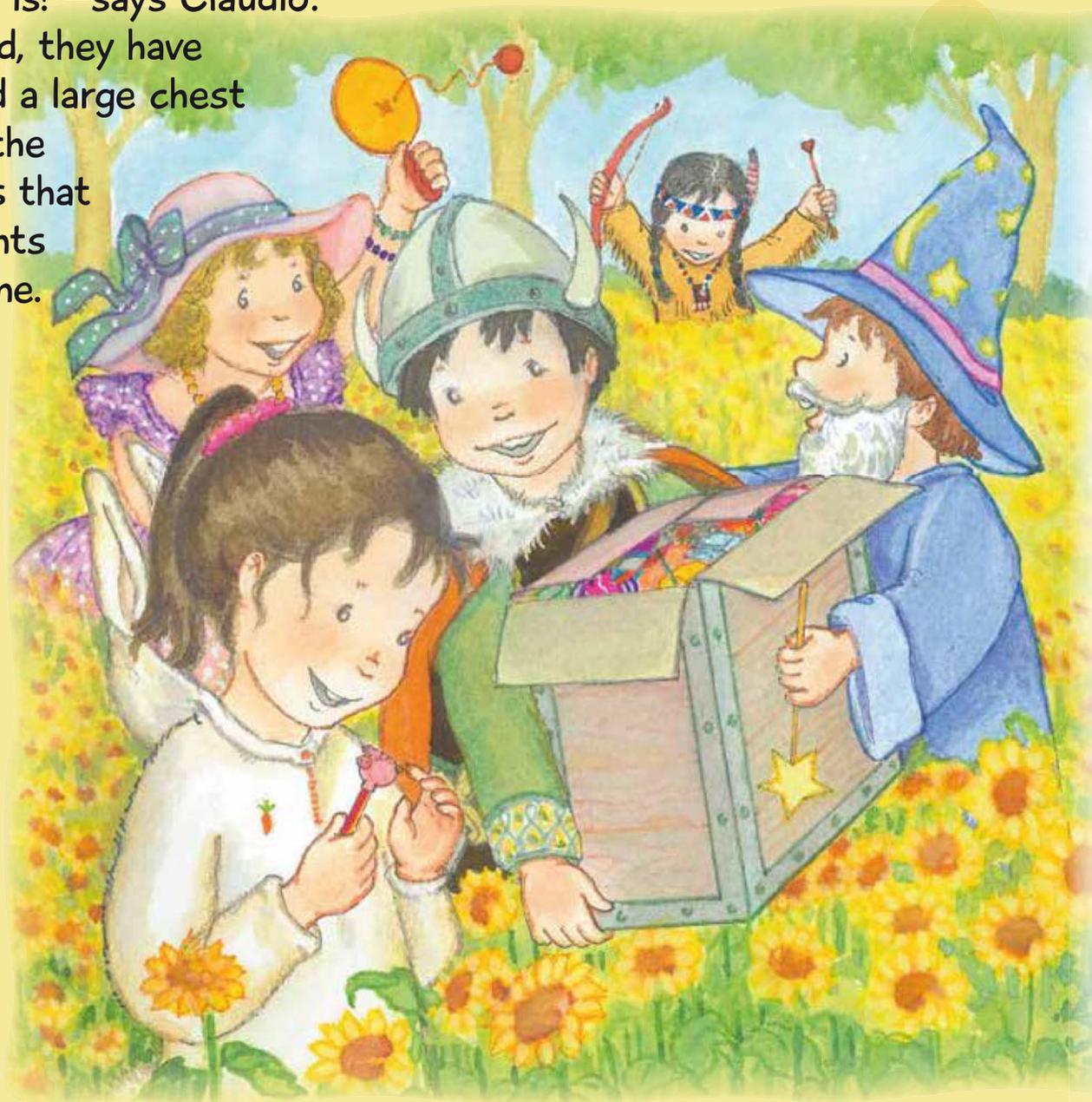


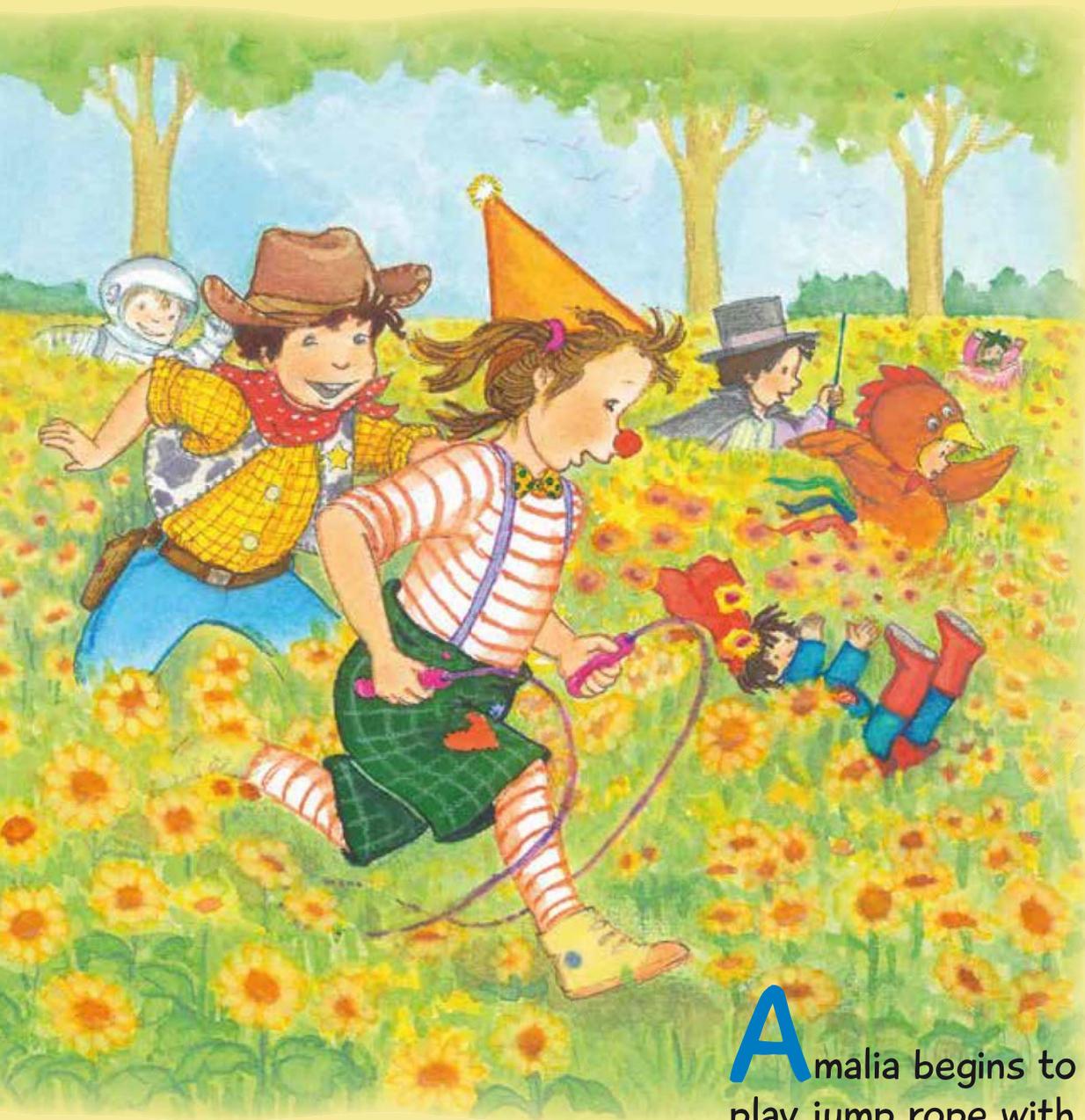
I know!
It's in the sunflowers that
are behind those trees
—enthusiastically shouts
Amalia. Everyone
approaches the sunflowers
and they find a great surprise.



Here it is! —says Claudio.

Astonished, they have discovered a large chest hidden in the sunflowers that has presents for everyone.

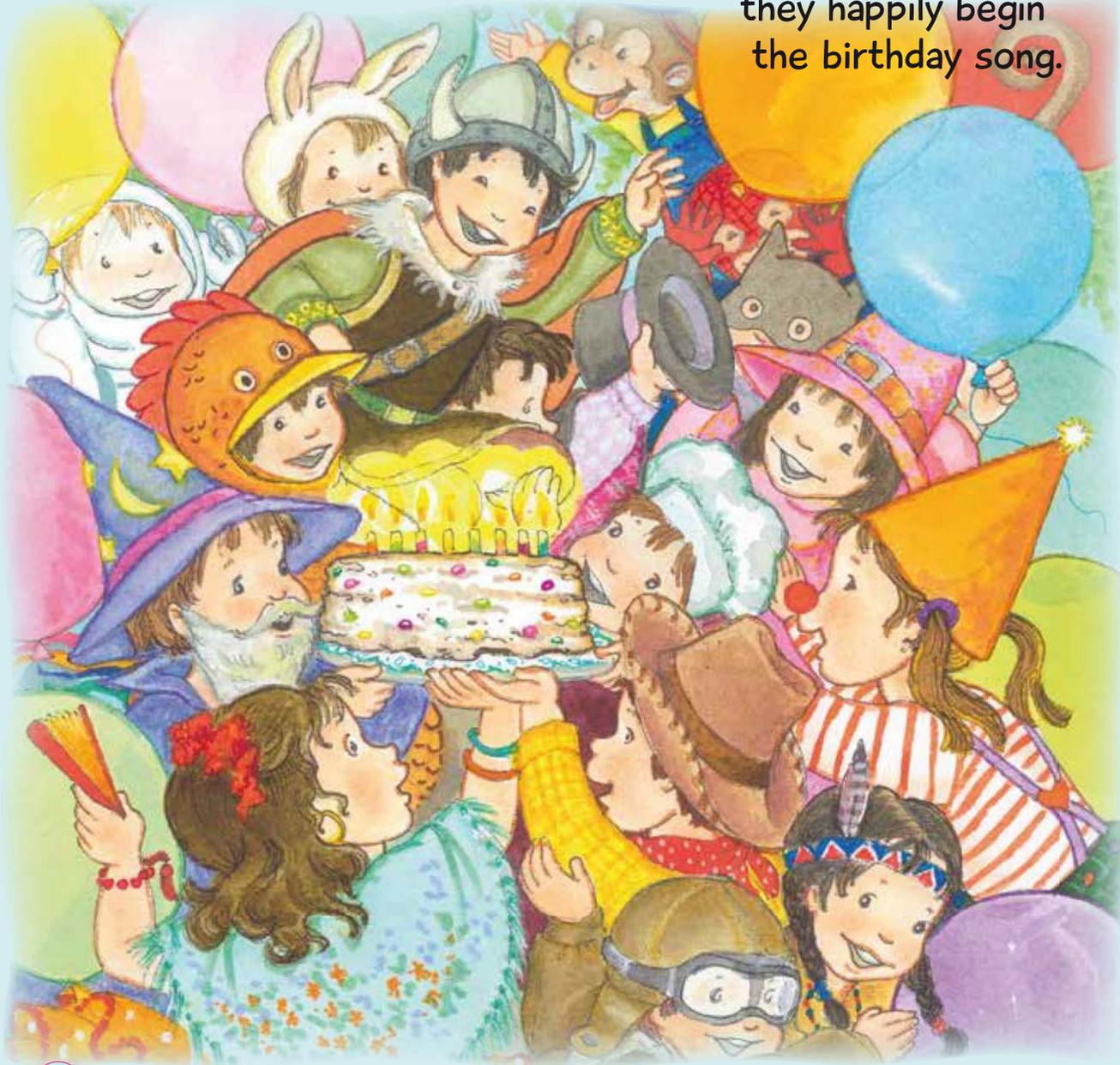


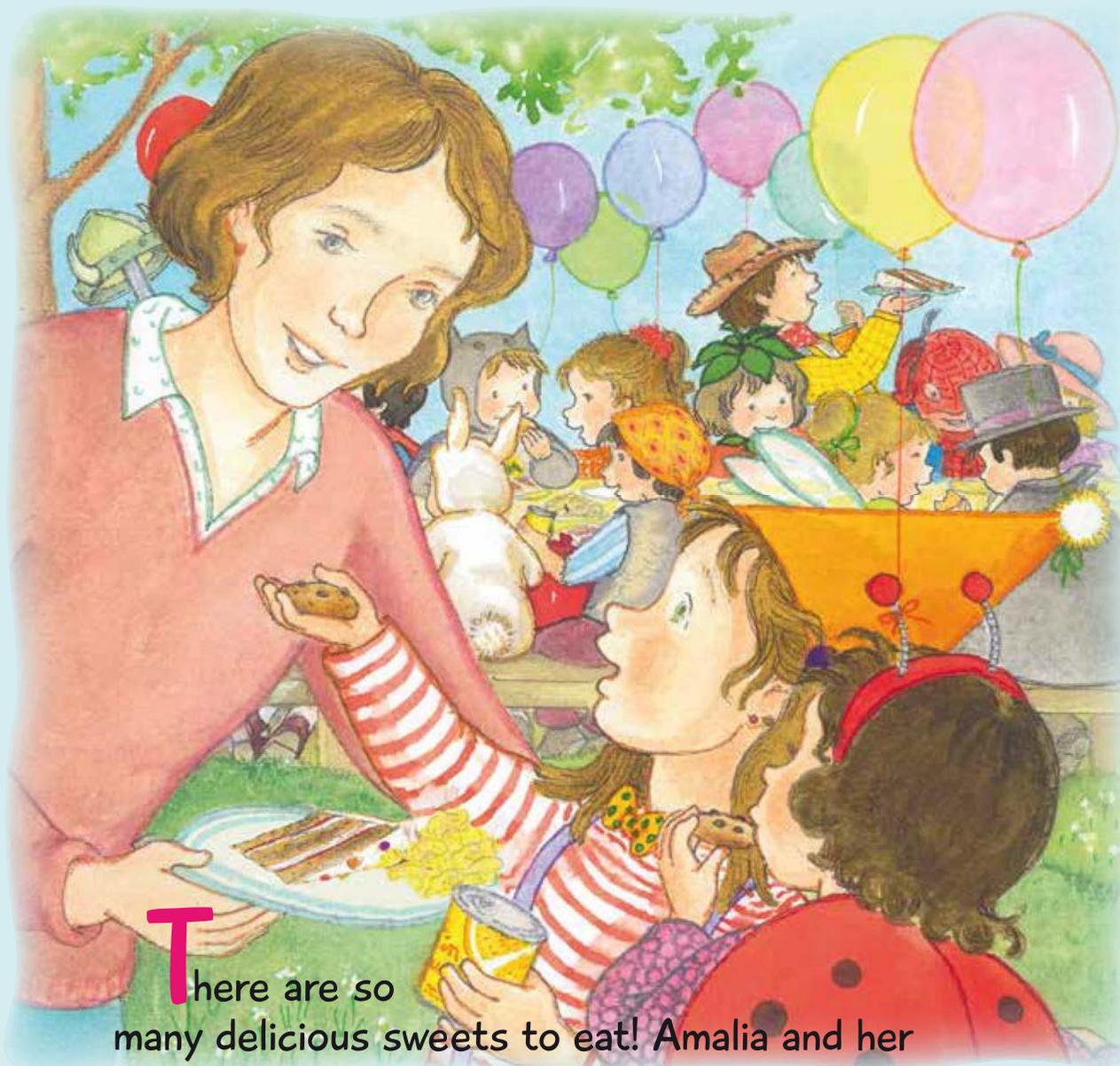


Amalia begins to play jump rope with the gift she was given.



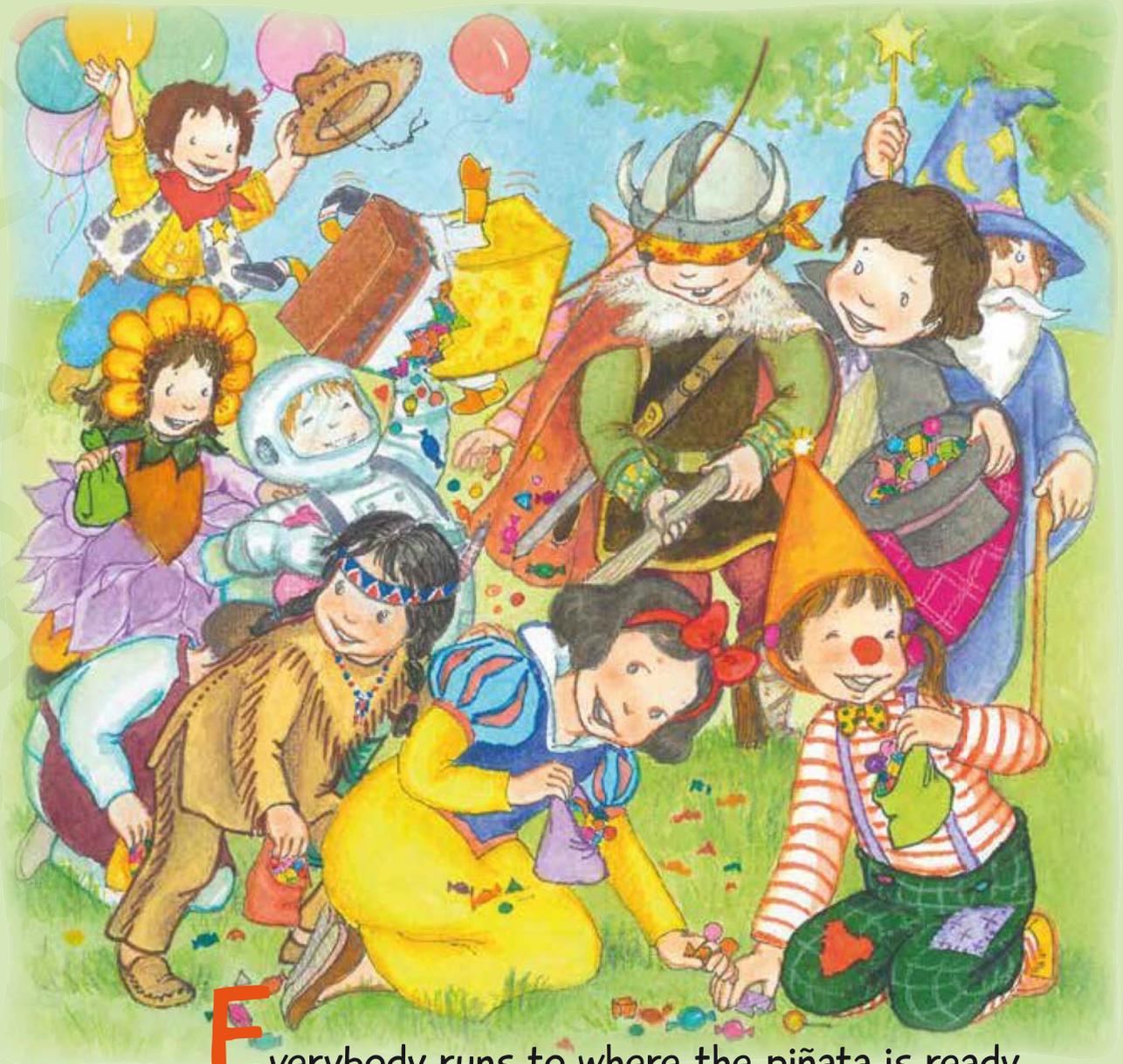
Now it's time to sing happy birthday to Claudio! George counts to three and they happily begin the birthday song.





There are so many delicious sweets to eat! Amalia and her mom put together a plate with the amount of carbohydrates that she can eat. It doesn't get any better eating the things you like! Crackers, peanut butter, and a piece of birthday cake.



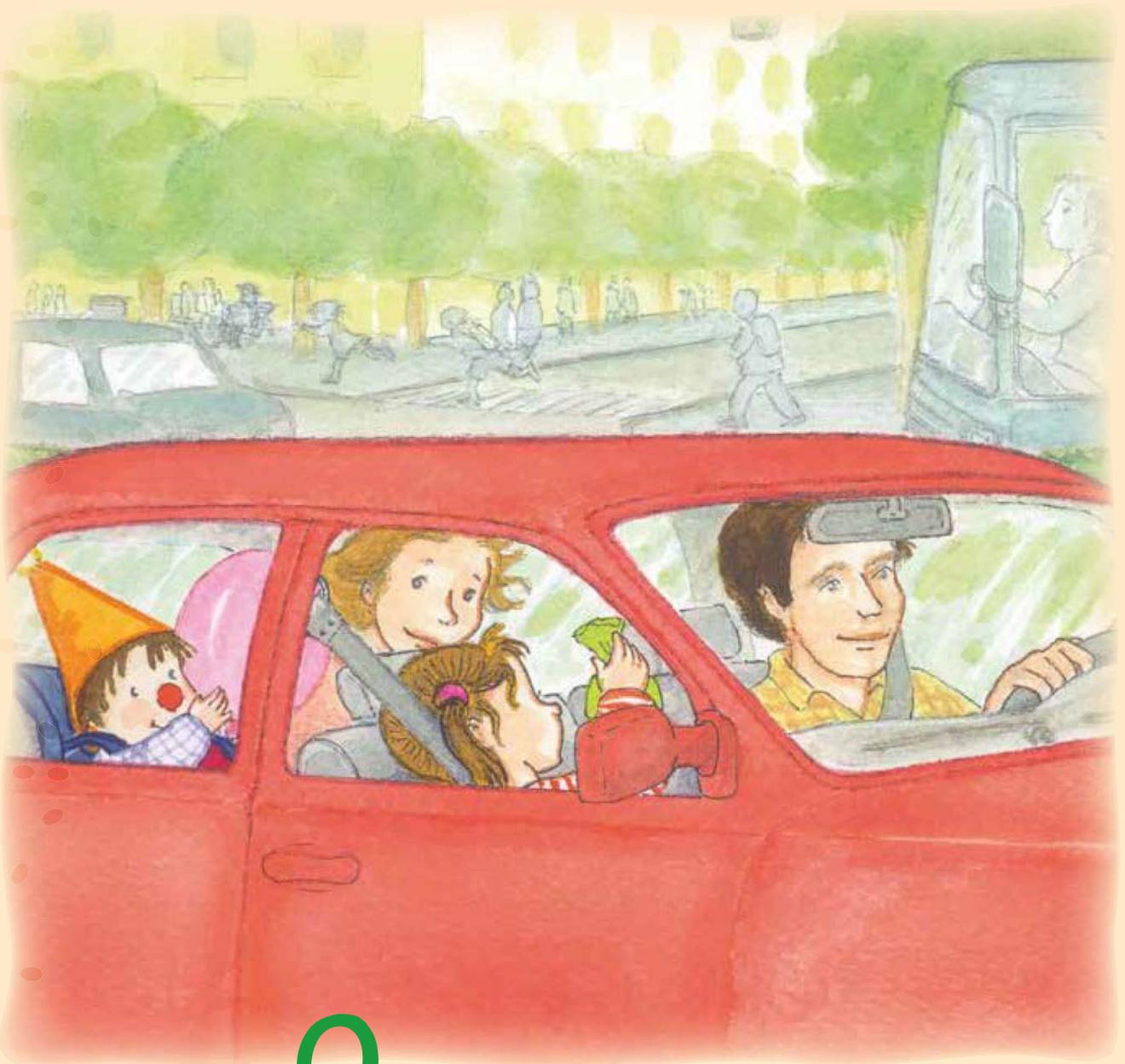


Everybody runs to where the piñata is ready. Amalia excitedly awaits for the moment it breaks. When it does, she gathers up the candies and puts them in her bag.



What a wonderful time I've had!— exclaims Amalia. She takes a photograph with everyone and says goodbye to all her friends.

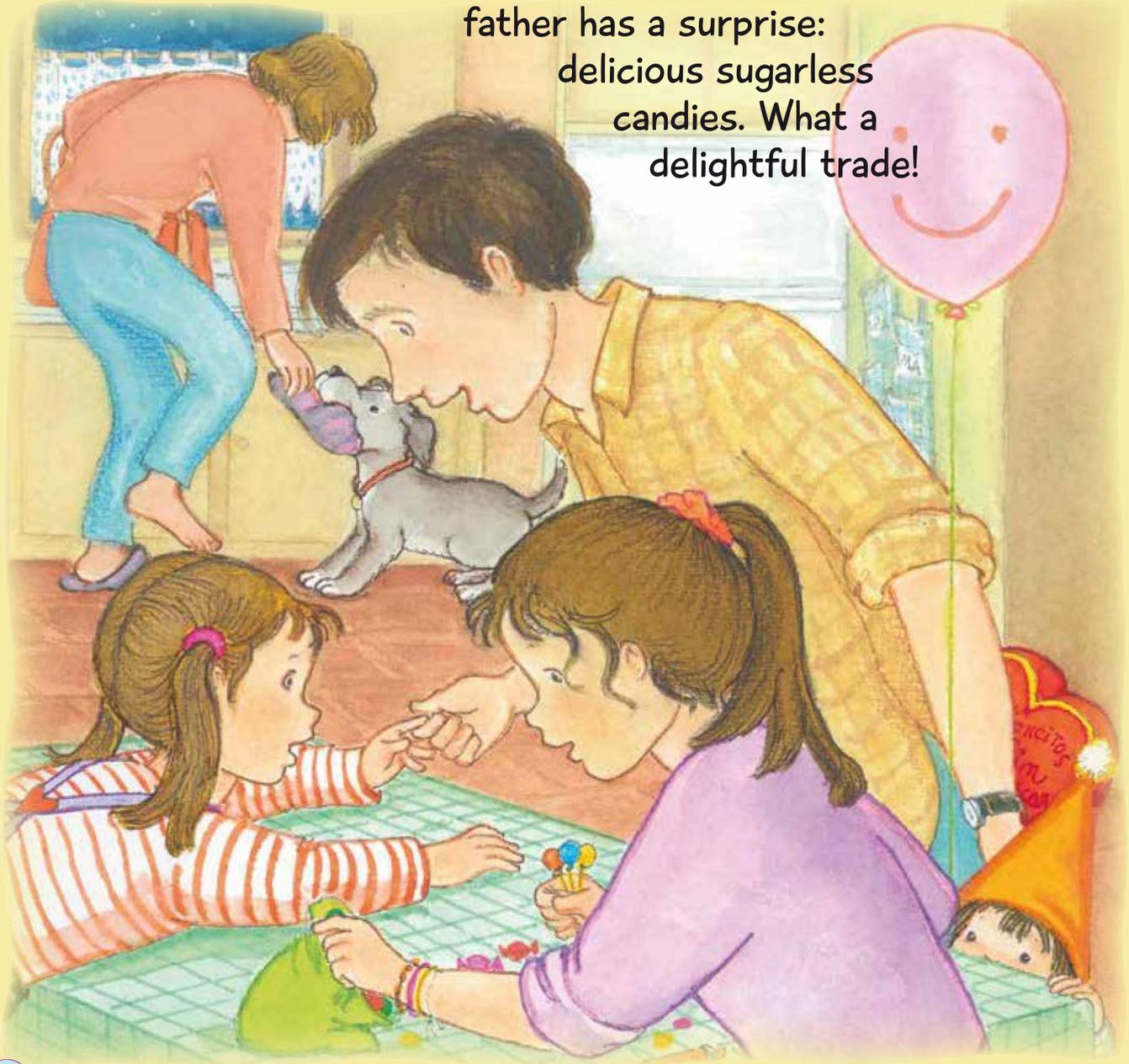


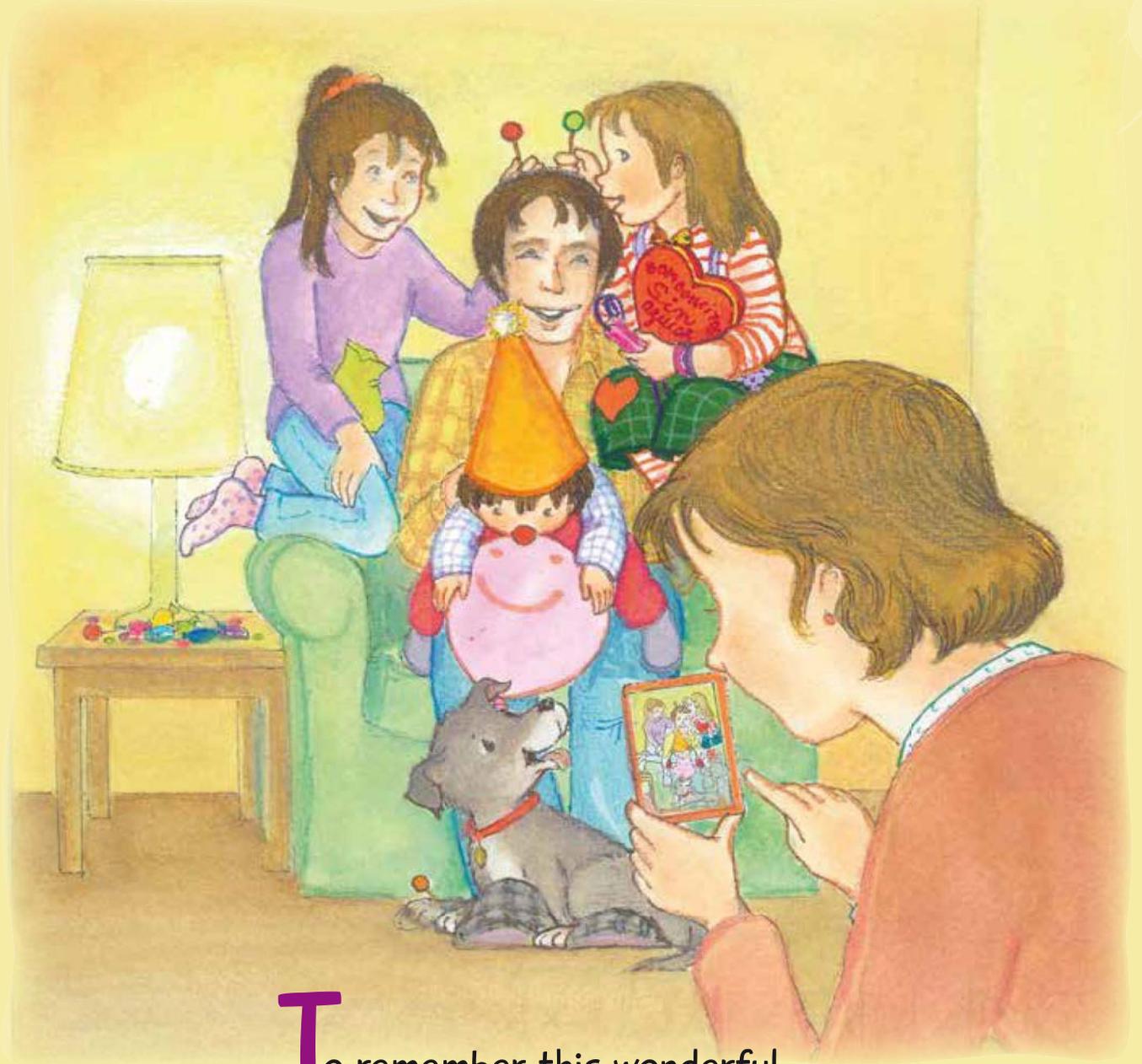


On the return drive home, her mother sees that Amalia is worried about her candies.



When they get home, Amalia shares her candy with her brother and sister and, in exchange, her father has a surprise: delicious sugarless candies. What a delightful trade!

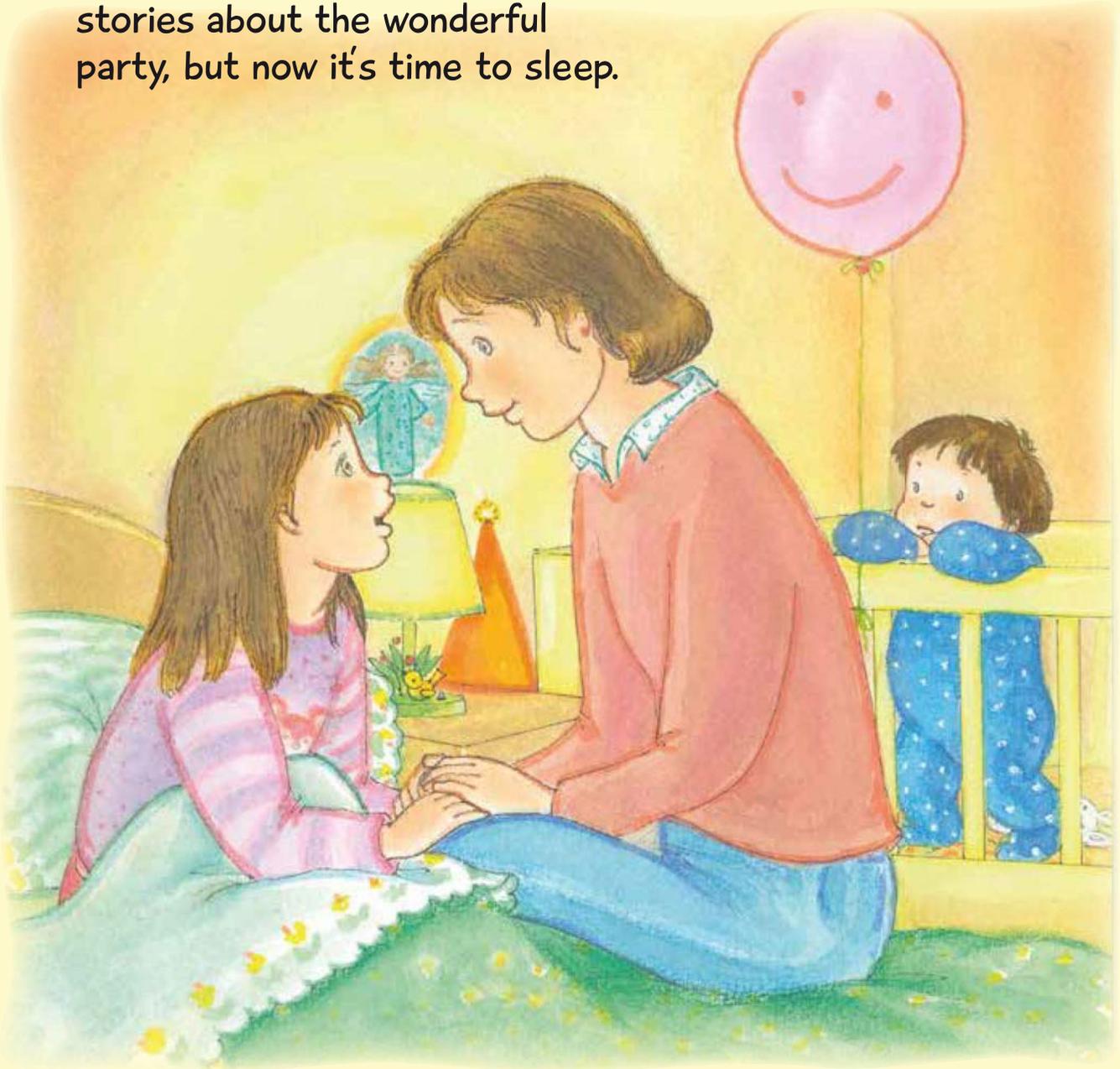




To remember this wonderful time together as a family, they take a family picture.



Amalia continues to tell stories about the wonderful party, but now it's time to sleep.



The End

The background is a light yellow color with a subtle grid pattern. It is decorated with various celebratory elements: several long, wavy streamers in a slightly darker yellow; numerous small, scattered confetti dots; a cluster of three balloons in the lower-left corner; and a group of five lit candles in the lower-right corner. The text "The End" is centered in a purple, cursive font.

• A birthday party with diabetes • Some advice for parents

Dealing with a birthday party, especially after a child is recently diagnosed with diabetes, is a challenge that worries many parents. For better or worse, a traditional birthday party is largely focused on candies and cake.

Relax, try not to focus on the sweets that your children might eat or not eat. Without depriving them of the things that they like, use the party as an opportunity for the child to fully enjoy being with their friends. To do so requires counting the carbohydrates that they are going to eat and giving them the insulin necessary to cover them*. Initially, accompany your child to the party. Then, depending on their age and on how they manage their diabetes, you can eventually allow them more independence until they are ready to go by themselves. Make sure to discuss these issues with your medical doctor.

Here are some suggestions:

- Let the parents of the birthday child know that your child has diabetes (usually they already know) and ask them if they could provide some drinks without sugar, or, you can offer to provide sugarless drinks.
- When they serve the birthday cake, ask them if they might give a piece, perhaps slightly smaller, to your child on a plate. Then, carefully add other treats that contain less sugar, such as crackers or bread, and add up the carbohydrates they contain, just like Amalia and her mother did*.
- If this is their first birthday party after being diagnosed, as a precaution,

put a little less insulin than you would normally inject*. As you and your child become experienced in managing diabetes, you may wish to use their regular diagnosis. Keep in mind that children run a lot and sometimes don't eat what they are served. This could lower blood sugar levels. When children are very small, some parents prefer not to give their children insulin at the party. Instead, they wait until they get home and then inject it if necessary. Talk with your doctor about how best to proceed.

- During the piñata, allow your children to participate just like all the others and pick up all the candies they can get. Then, take the candies home, or allow your child to share them with children who didn't get very many.

- Upon returning home, make sure that you have a package of sugarless candies to carry out a "candy-exchange" just Amalia's father did.

- Little by little, you and your child will learn to adjust to "birthday-therapy". The recommendations above can be adjusted to account for you own child's circumstances, especially when it comes to counting calories and determining the appropriate insulin dose*.

- On these days, it may not be possible to maintain the best control of your child's diabetes. However, it is vitally important to raise a happy child and to improve their self-esteem. This will contribute greatly to your child's acceptance of their diabetes treatment. After all, these are special times and there is always time to turn to their daily routine.

*These recommendations assume that the child is using an intensive insulin therapy with ultra-rapid and ultra-lente or an insulin pump. If there are using rapid (R) and NPH, consult with your medical doctor for appropriate treatment.



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