

## Dealing with diabetes: day to day Levels: 1 and 2

**Subject:** Birthdays (2)

TEACHER

STUDENTS



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As you know, Carol has to balance out the things she eats, to produce energy, and the amount of insulin she needs to take.

Most things you get to eat, at birthdays, have a lot of sugar in them.

For Carol to eat such things - and not get hurt by them - she'll need to do all kinds of complex calculations, to decide how much insulin to inject into her body. And, even so, it's very probable she'll still get the amount wrong!

That's why Carol's parents and doctors have asked her not to eat sugary stuff; which isn't easy for Carol! Sometimes, she gets quite sad; because, it's no fun watching others eat all that birthday stuff and never to be able to have any yourself!

One way of being nice to her and other children with diabetes might be for everyone, in the class, to agree on what to bring, whenever someone feels like celebrating their birthday:

- Maybe... a small bag of potato snacks and some bubble gum (the sugar-free kind, so Carol can have some)!
- Maybe... a chocolate egg!
- Maybe... some crayons, or a small gift!
- Maybe... Nothing at all!

As well as helping out classmates with diabetes, this would be beneficial in other ways, too:

- It stops people from getting competitive over who gives the biggest candy surprise.
- It makes for healthier eating!

How do you feel about this?

Have you got an idea or suggestion you'd like to put forward, to the class?