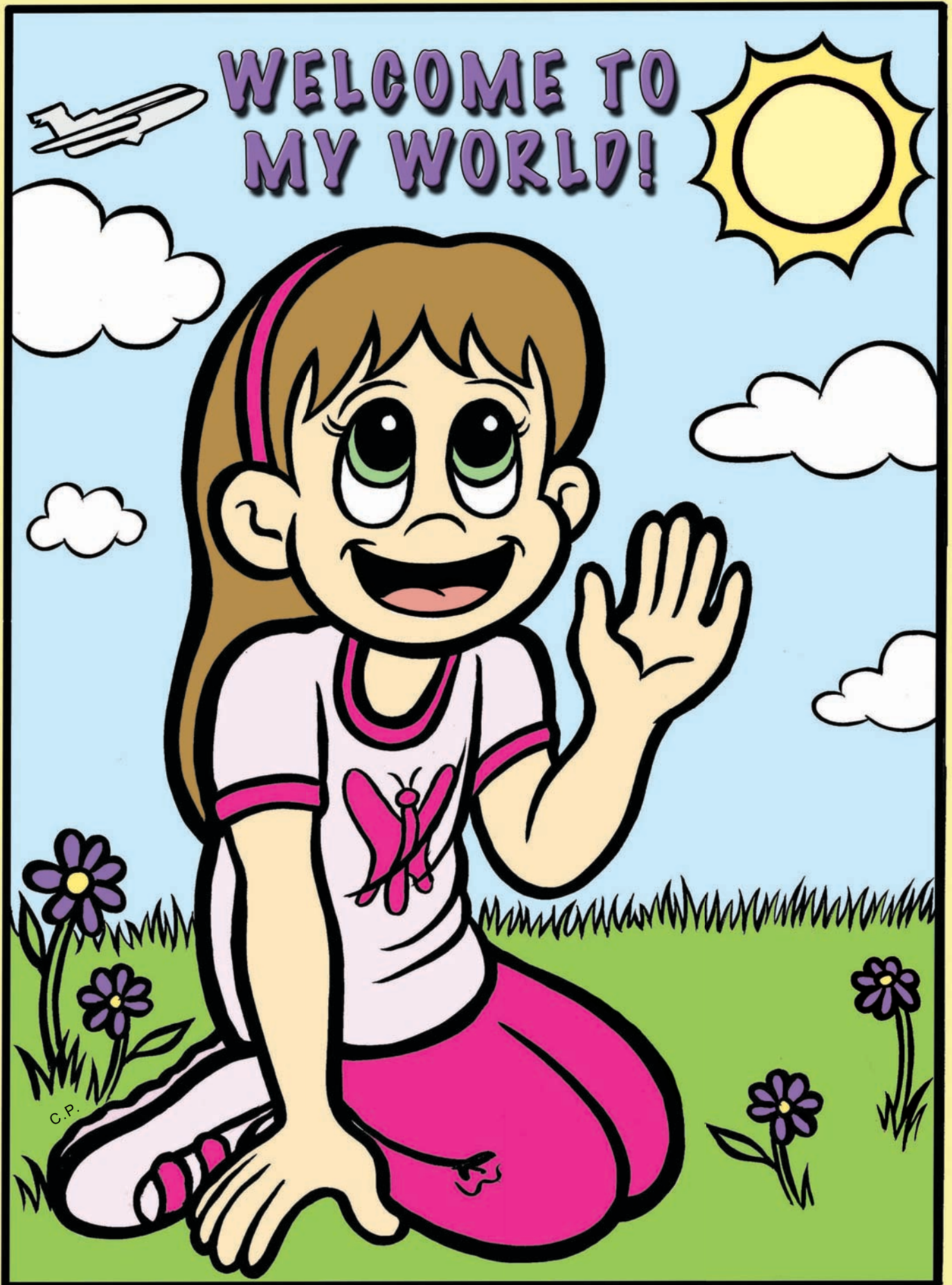
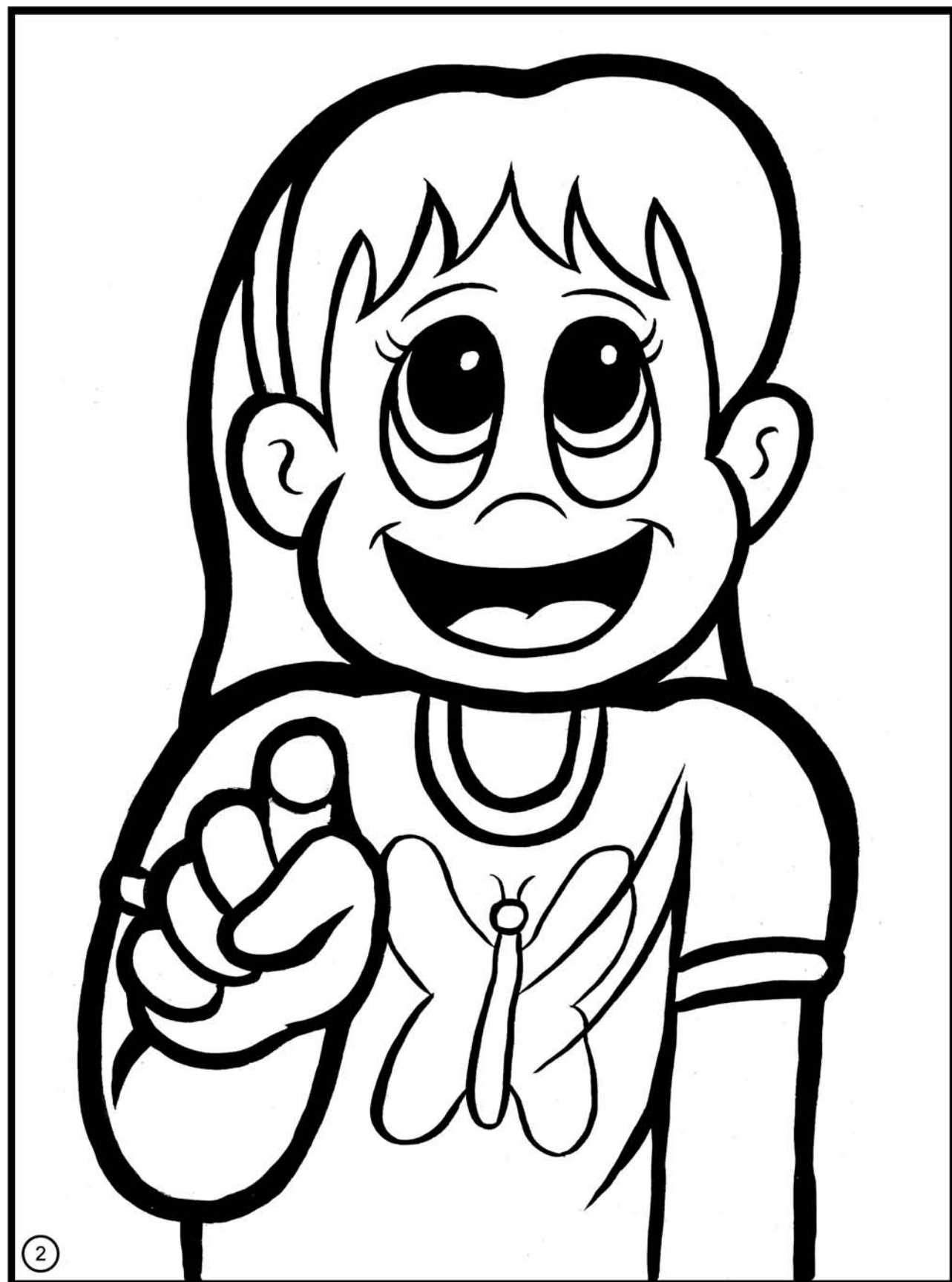


WELCOME TO
MY WORLD!

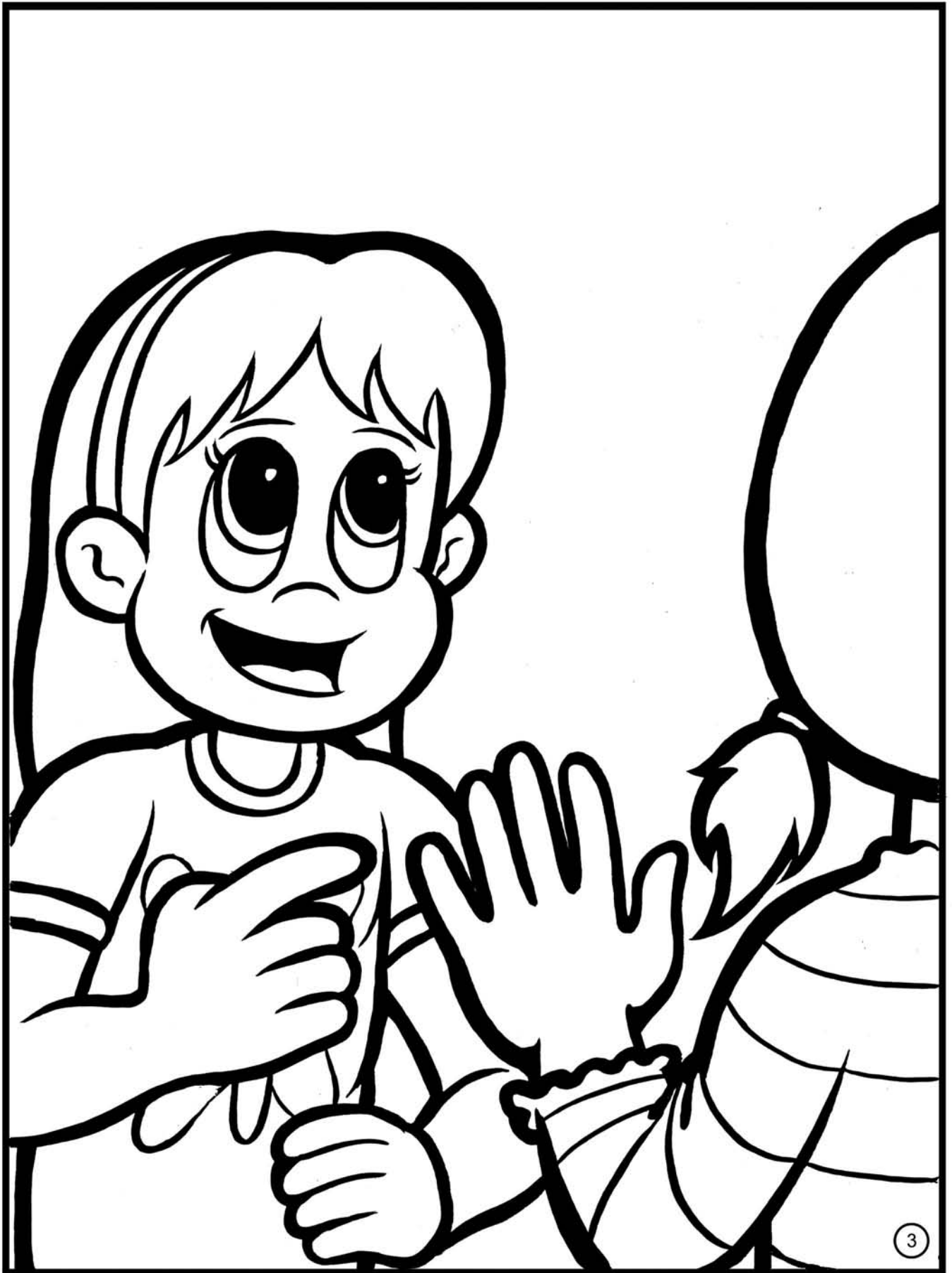




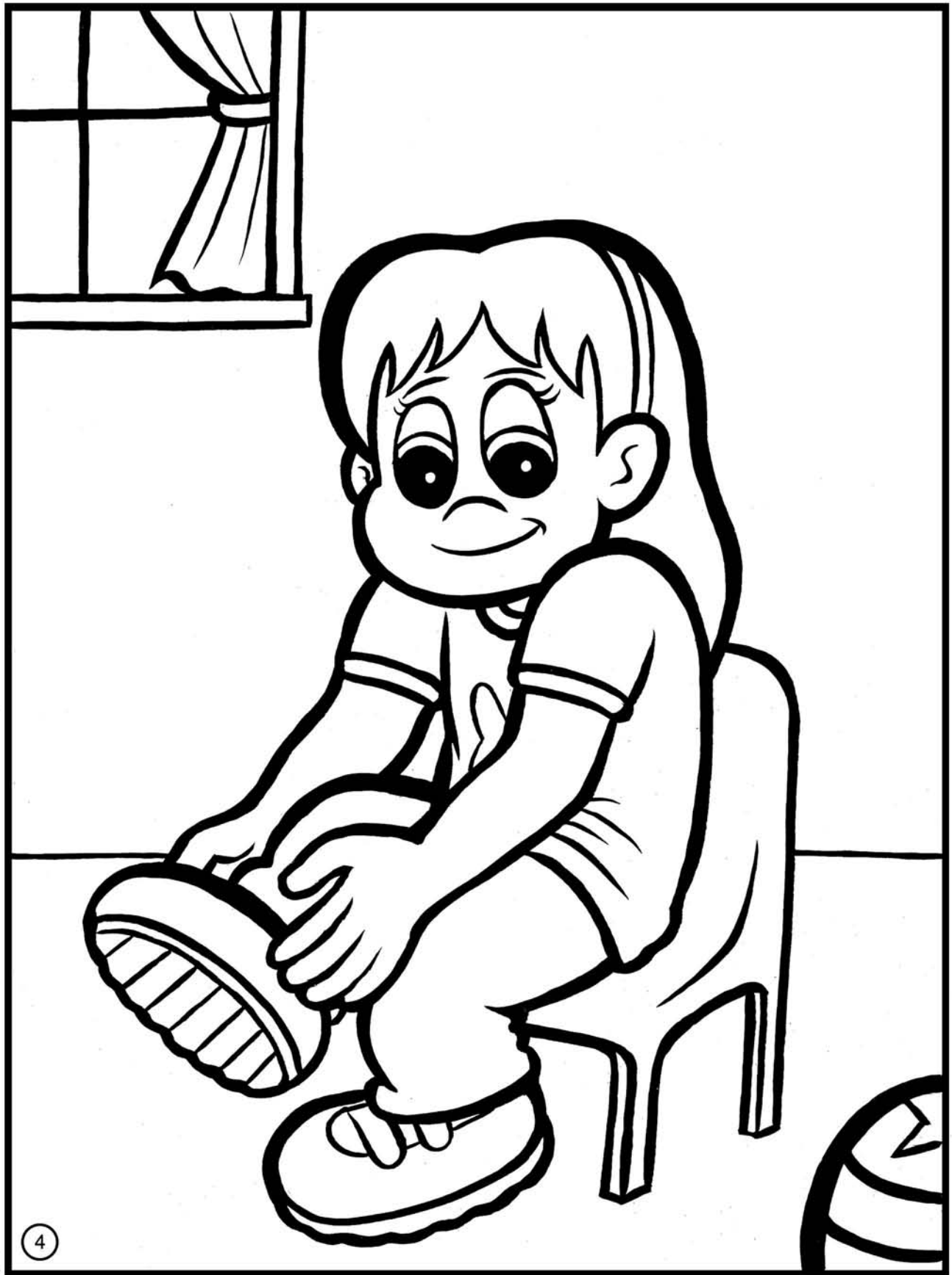
Hi! My name is Sarah.



What's your name?
My name is _____.

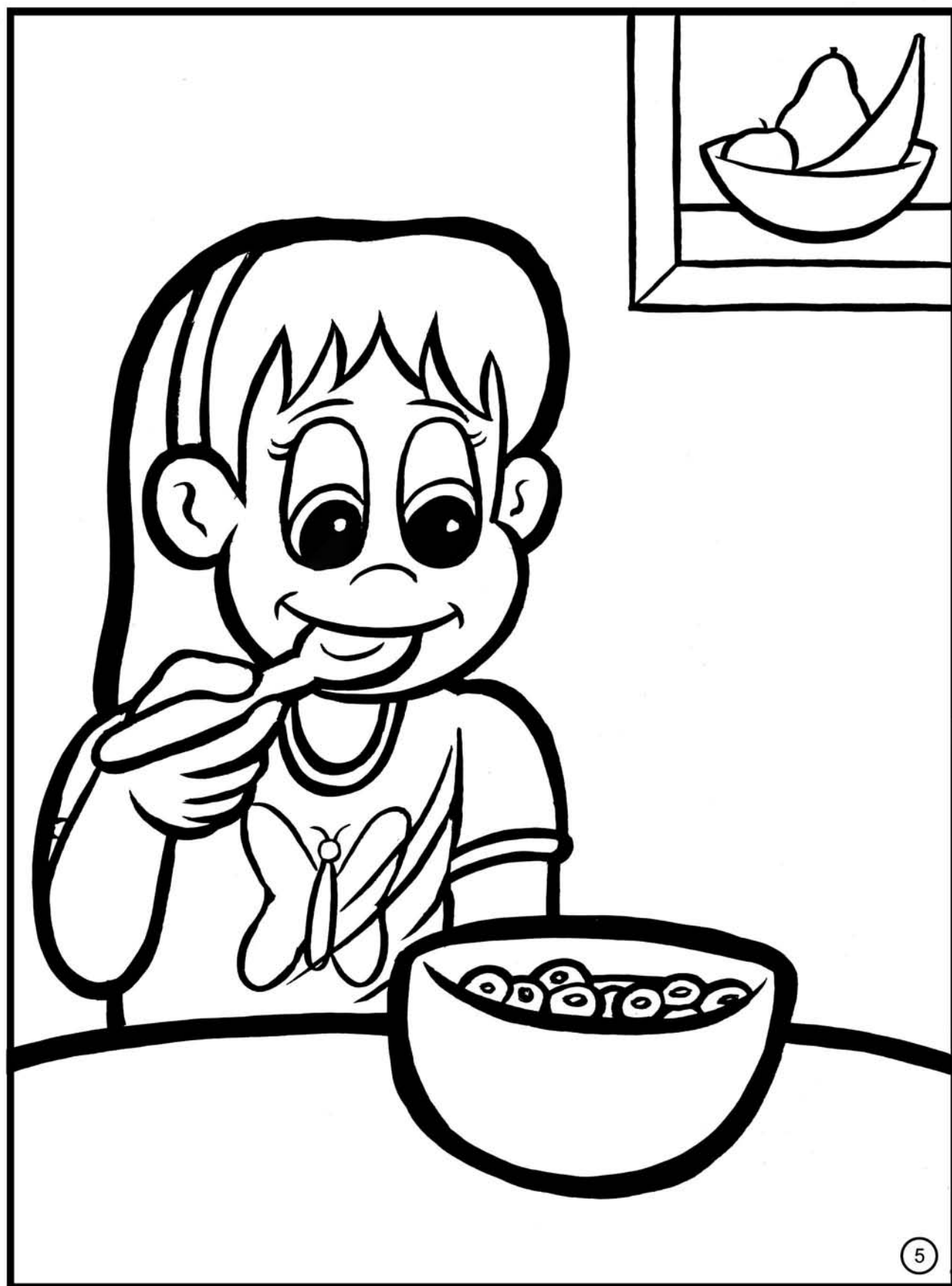


I bet you are a lot like me.



4

I get up and get dressed in the morning, just like you.



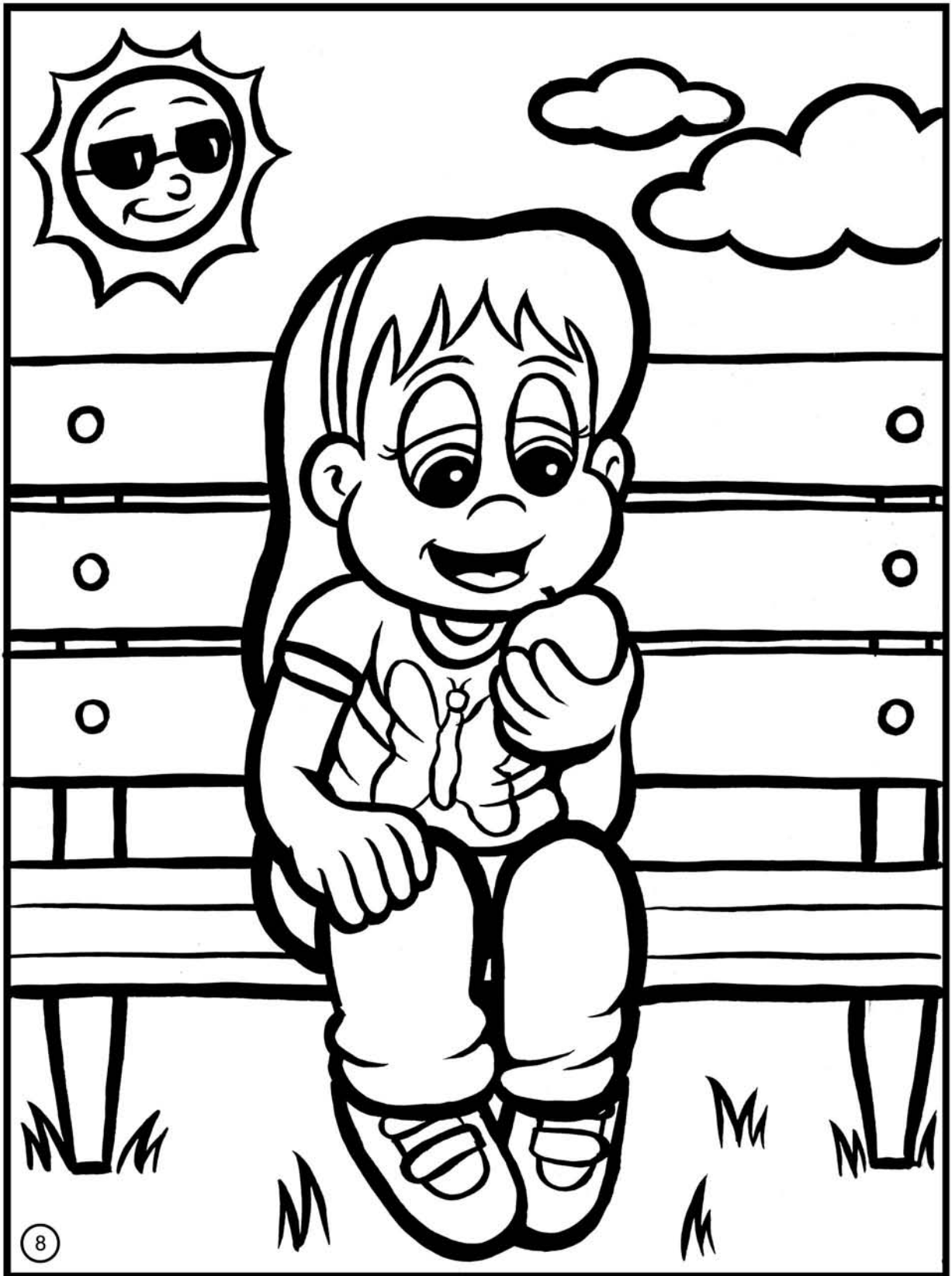
I eat breakfast just like you,
and...



...before I eat, my mommy
helps me take my insulin.
I have diabetes, like you.



I play every day too, just like you. My friends and I have a lot of fun at school.



Sometimes I have to rest if I
play too much. I eat a snack
if my blood sugar is low.

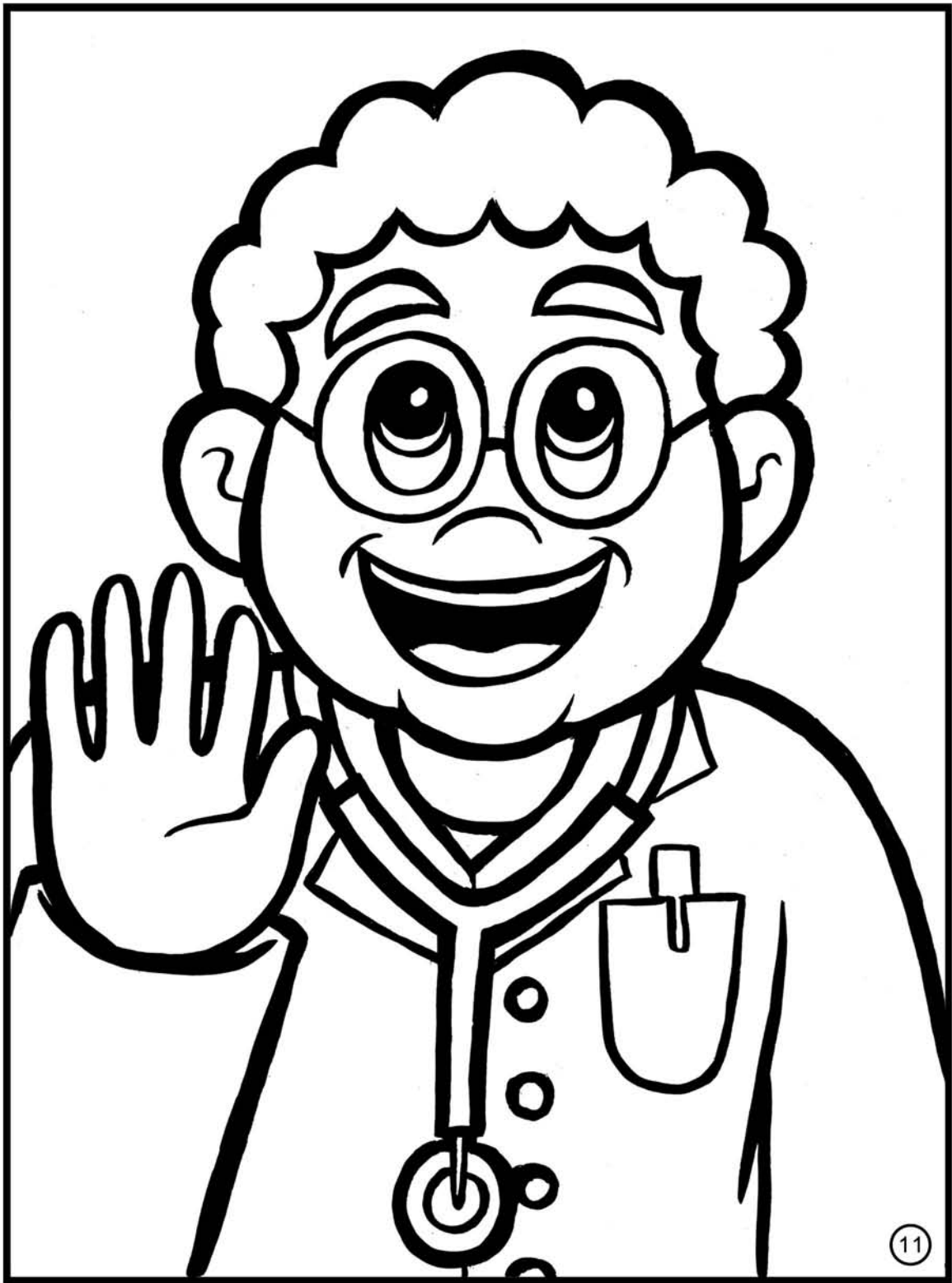


But that's OK. I soon feel
fine and then we play again.



10

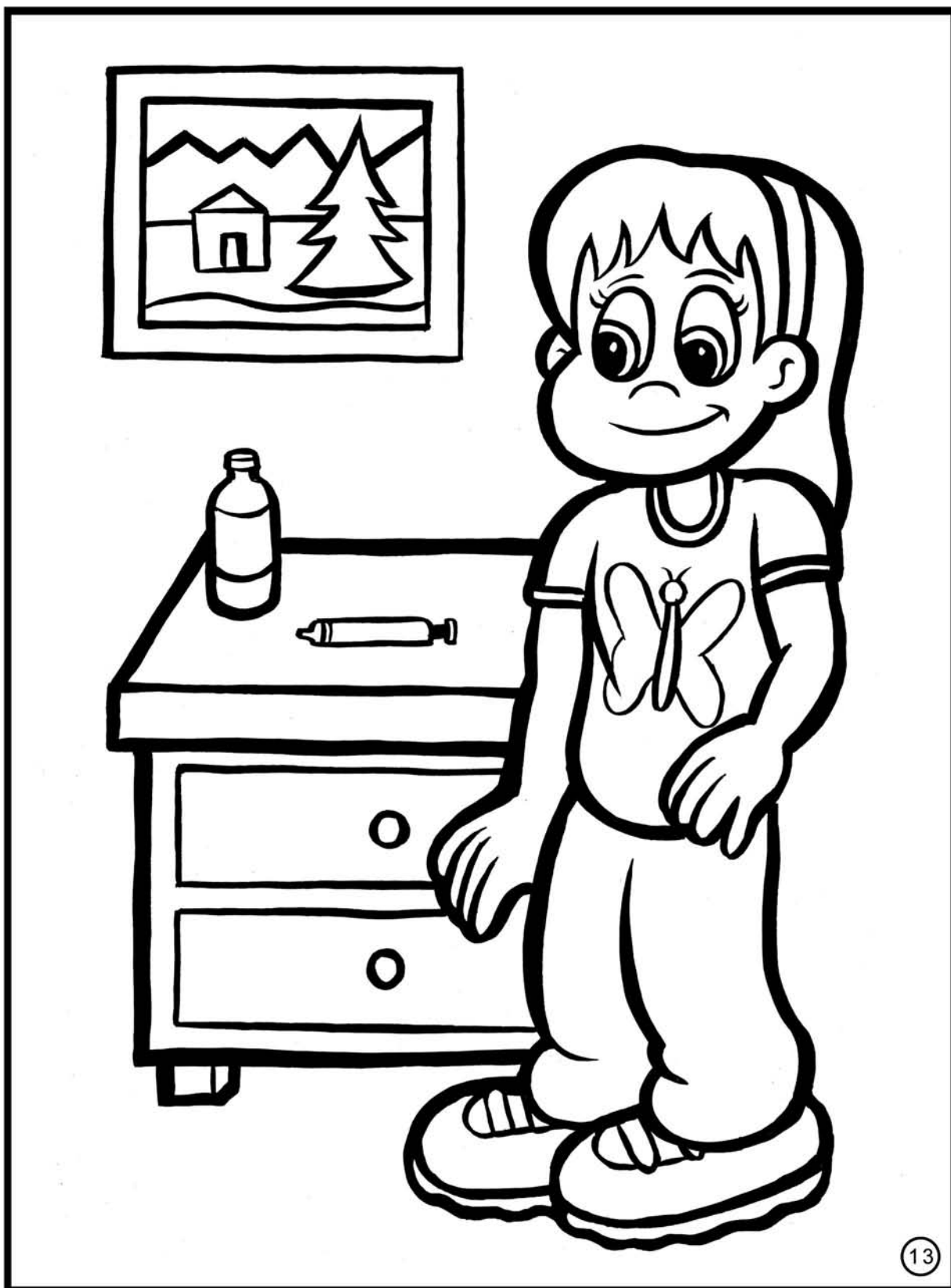
Sometimes I wonder, "Is
anybody else like me?"



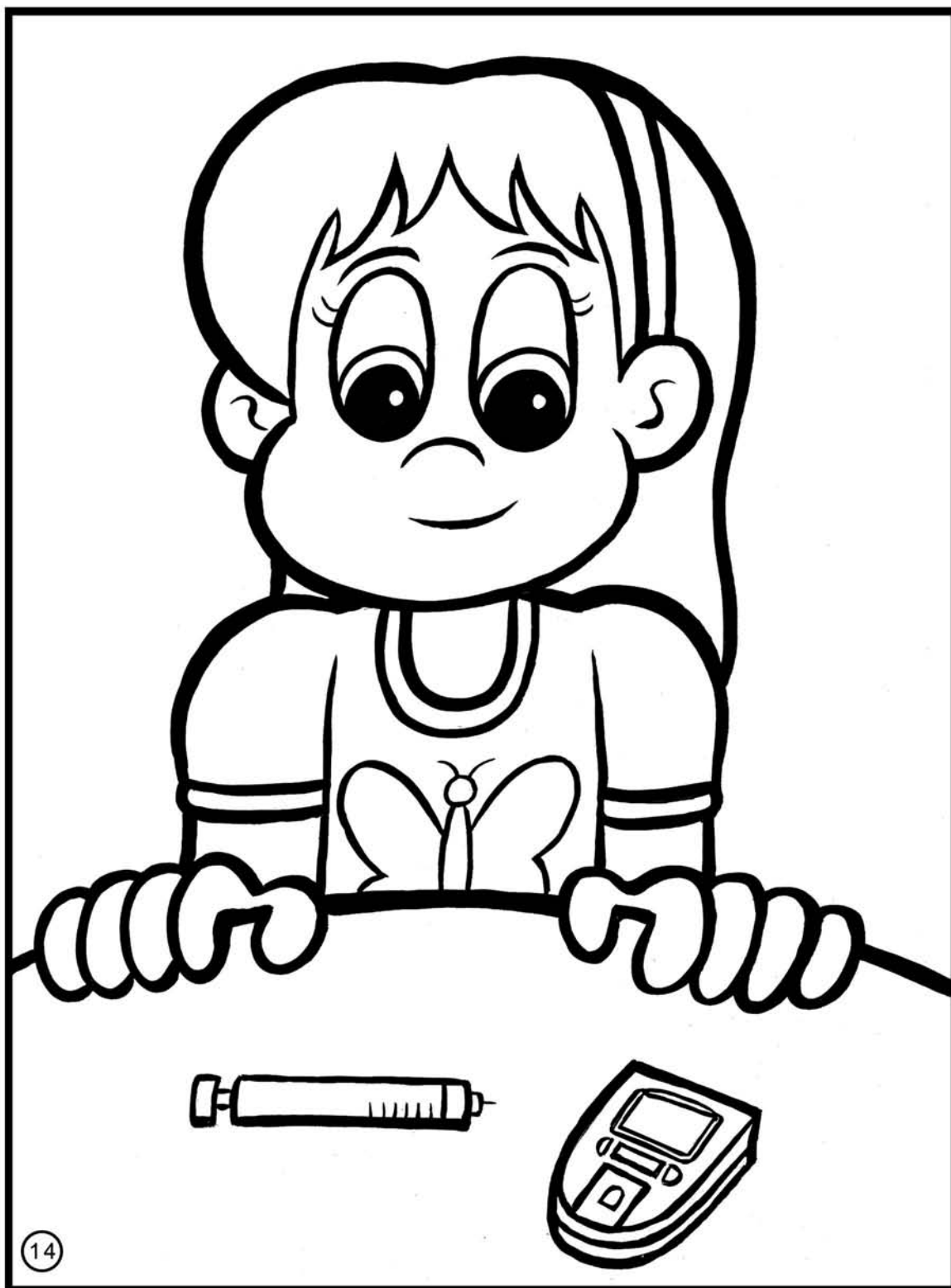
My doctor says there are lots
of kids like us who take
medicine every day to feel
good and stay well.



My friend Alice has asthma.
She takes pills to help her
breathe better.



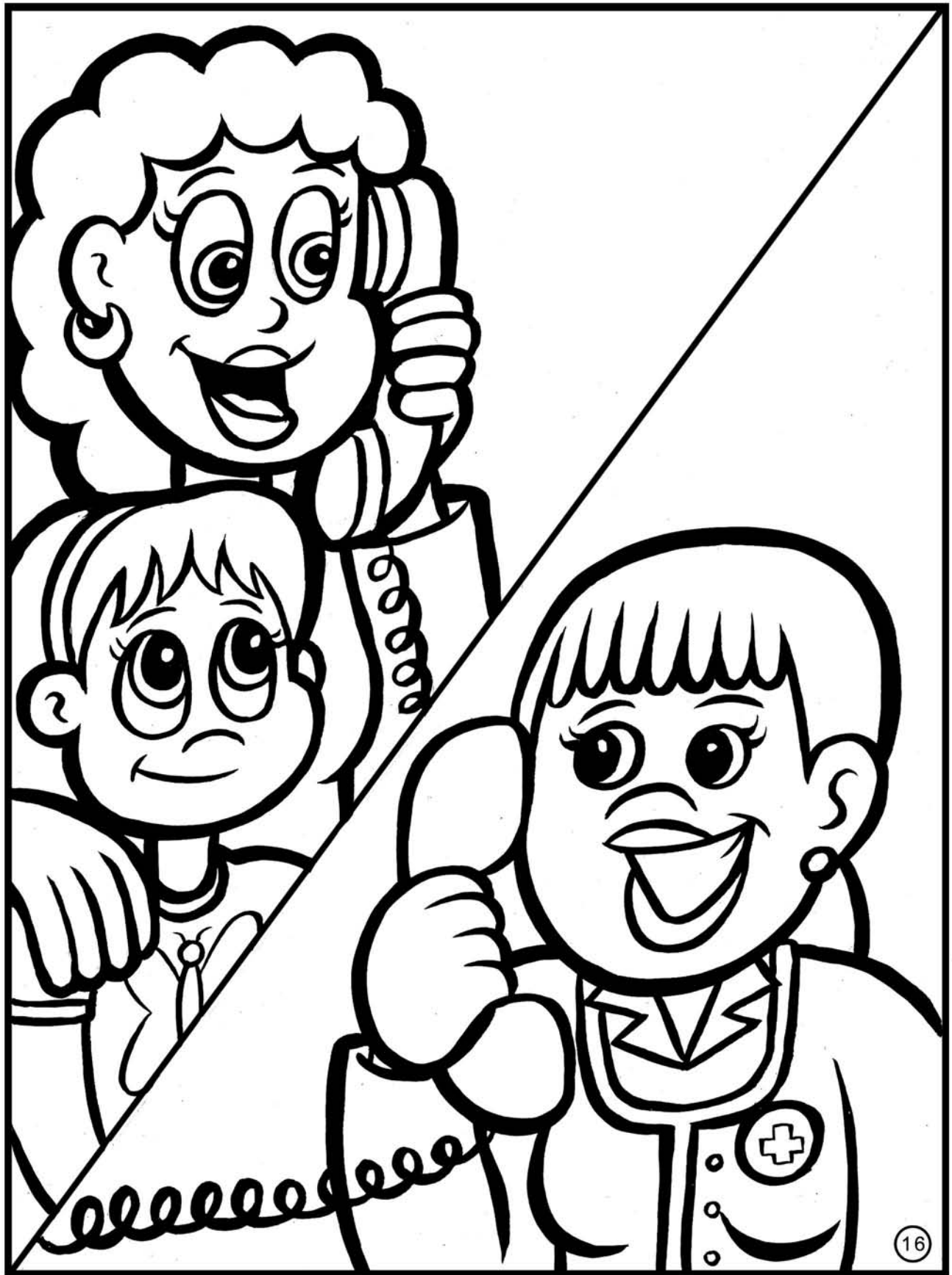
Diabetes isn't fun, but I can
take care of myself just like
Alice does.



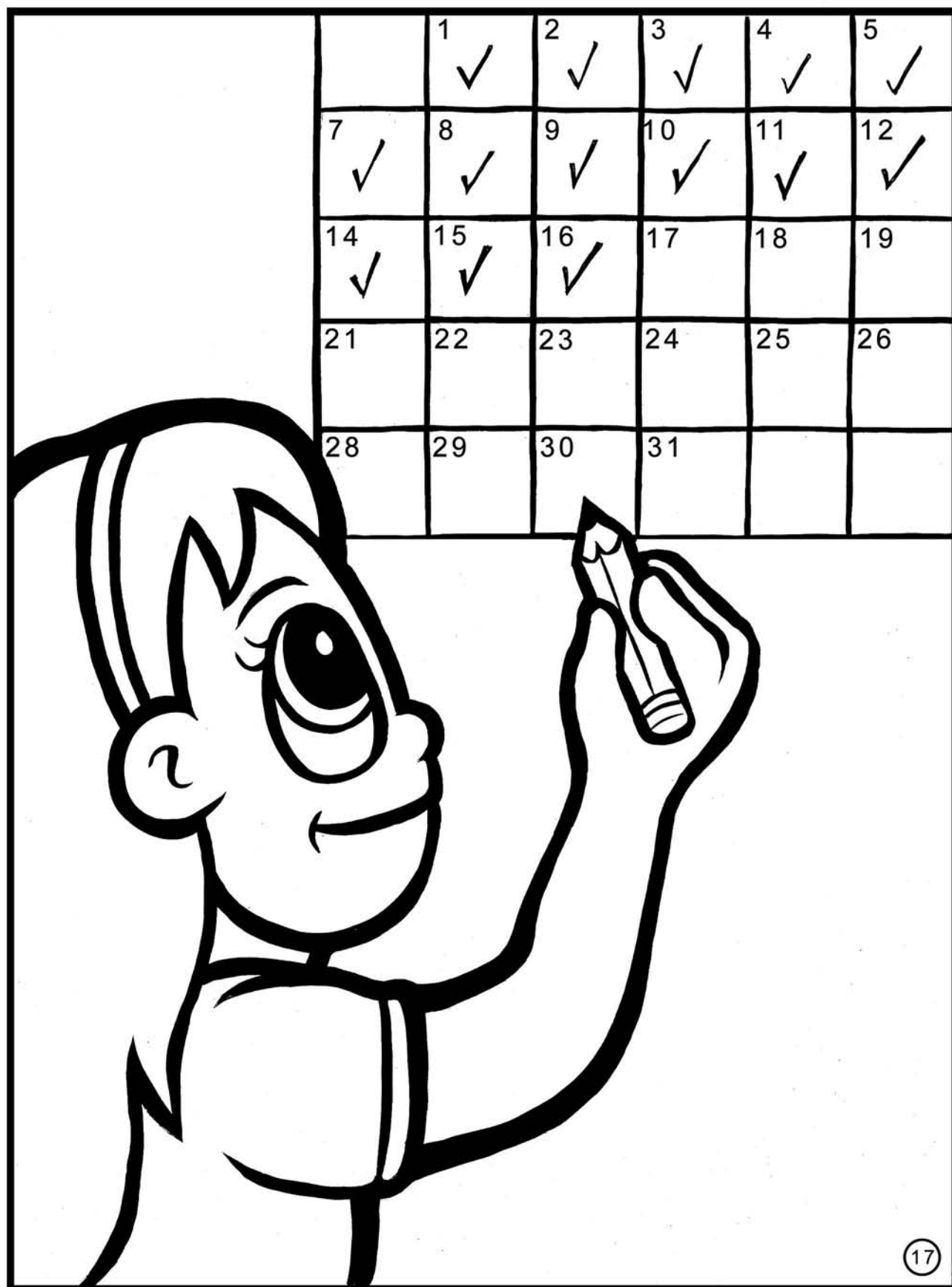
My diabetes medicine is my insulin. The needles pinch sometimes, but they don't really hurt - and I like feeling good.



We check my blood sugar before
I get my insulin and after I eat.
Sometimes Daddy helps. Do
you check your blood sugar too?



My family and the doctor's
office help a lot, too.

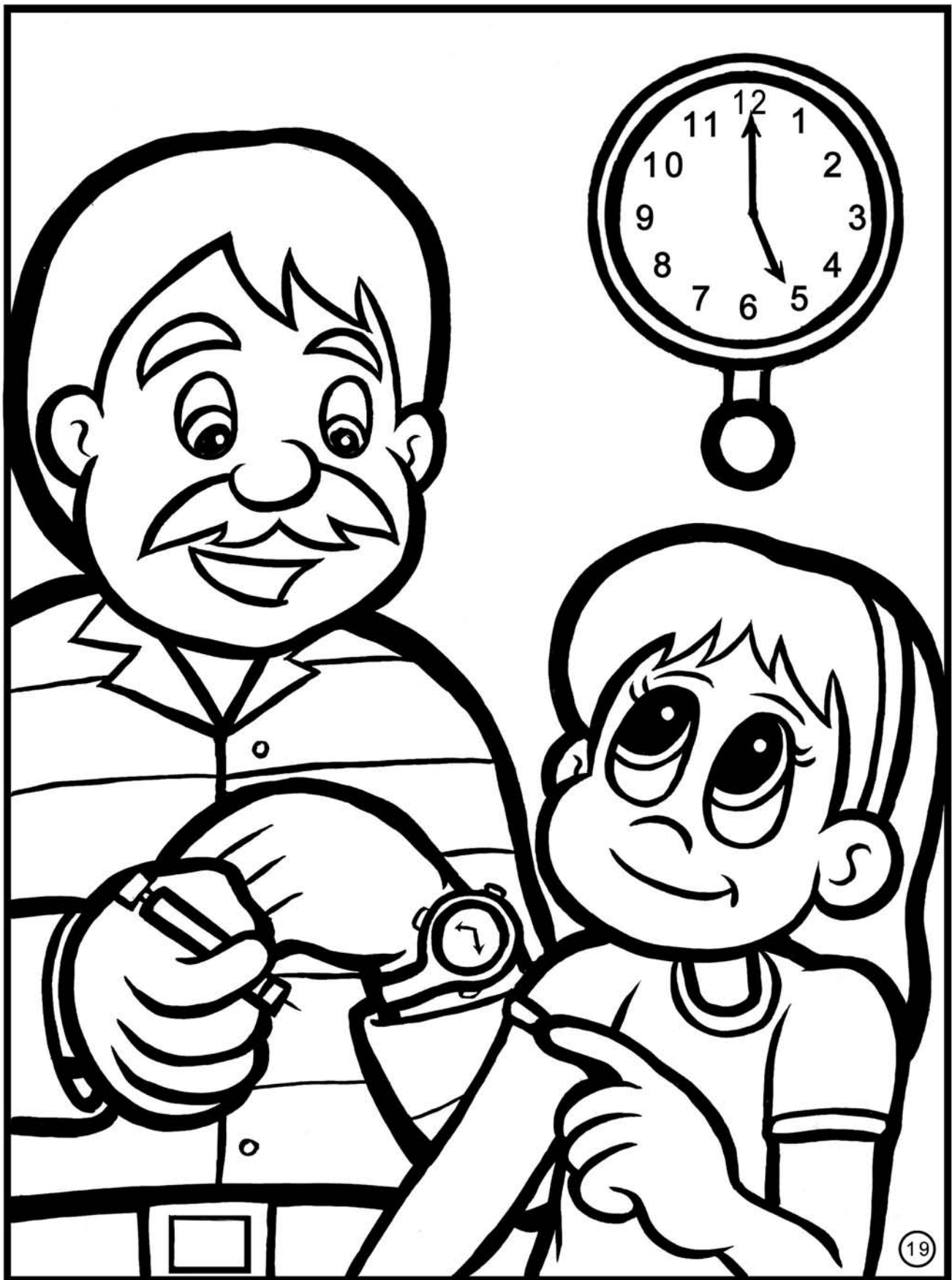


I take care of my diabetes
every day, just like you.



18

I eat food that is good for me.



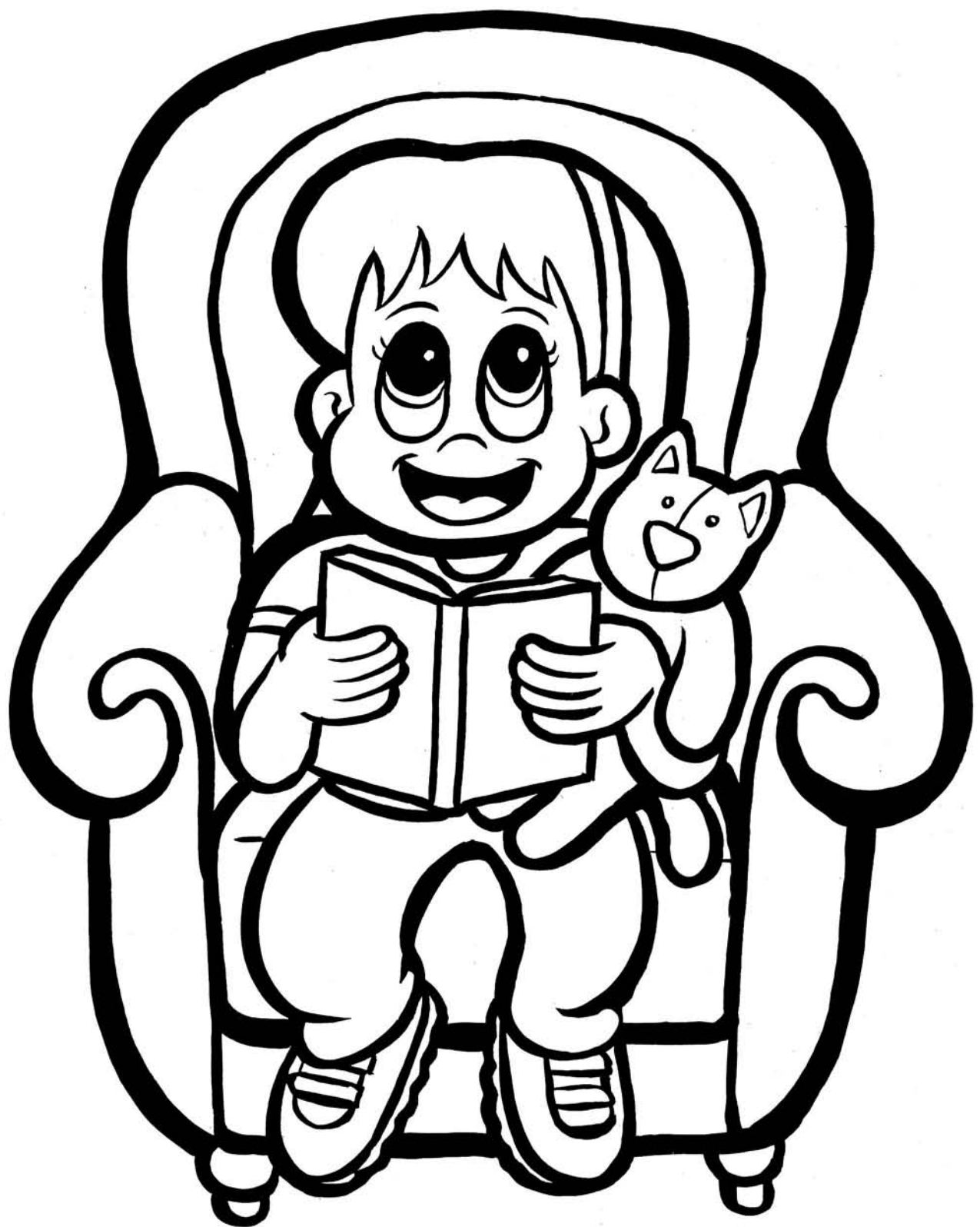
I take my diabetes medicine
when I should.



I get a good night's sleep.

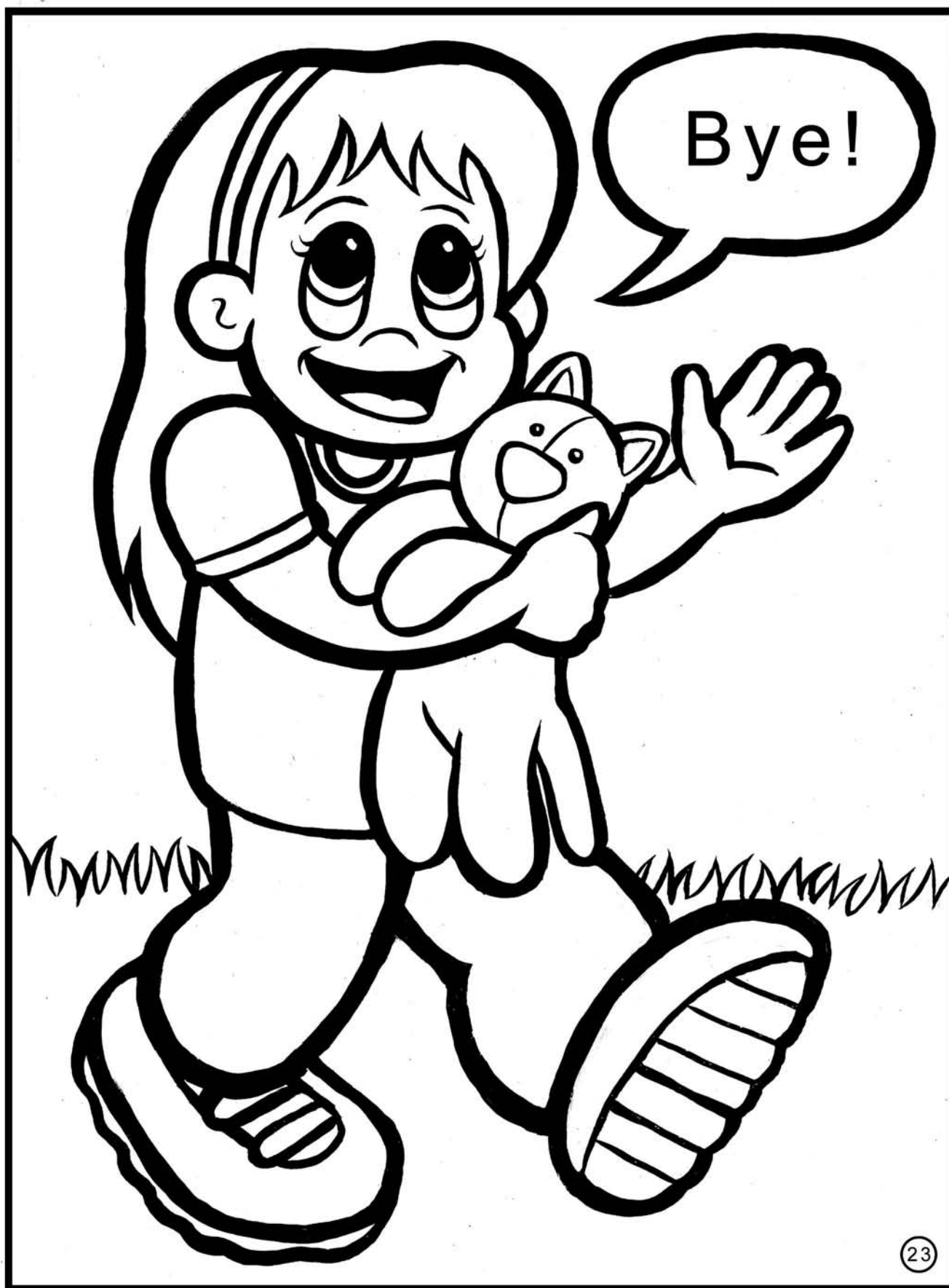


And I have fun every day!
I hope you do, too!



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Take good care of yourself!



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Have a great day!