

MY LIFE, MY DIABETES, MY WAY

# MEET DOT: YOUR NEW FRIEND



PLEASE CONSULT YOUR CHILD'S HEALTH CARE PROFESSIONAL IF YOU HAVE  
ANY QUESTIONS ABOUT HIS OR HER HEALTH OR TREATMENT.

# MESSAGE FROM NOVO NORDISK

Novo Nordisk is proud to be able to offer you this book as part of the **“My Life, My Diabetes, My Way”** series that we have developed in partnership with JDRF - the leading global organization funding T1D research. These books were developed as a resource for people who have been touched by type 1 diabetes. Maybe you just got your diagnosis. Or, perhaps you or a family member has been managing it for years. Wherever you are on your diabetes journey, Novo Nordisk is here to help. This is why we have partnered with JDRF to create a unique book series tailored to various ages and stages of life from children to young adults with type 1 diabetes – and the people who care for them. Because we know that every age brings new and unique challenges, we have designed these books to grow with you on your diabetes journey.

Who are we? Novo Nordisk is a global healthcare company with more than 90 years of innovation and leadership in diabetes care. In 1923, one of our three Danish founders, August Krogh, touched by his wife Marie’s struggle with diabetes, began a journey to change diabetes. We will continue to build on the legacy left by the founders of Novo Nordisk and do whatever it takes to support people with diabetes. It is this commitment which has led us to develop this book series.

We hope that the books will be helpful to you in your diabetes journey. Additional support is available online at [type1.cornerstones4care.com](http://type1.cornerstones4care.com).



**Jesper Høiland**  
President,  
Novo Nordisk  
USA

# MESSAGE FROM JDRF



Type 1 diabetes (T1D) is a challenging disease. It demands nearly constant attention and never takes a day off. People of all ages, from newly-diagnosed children to adults who have lived with T1D for decades deserve the tools and resources to help them live with T1D. Together with Novo Nordisk, we’ve created these books to be such a resource for anyone who needs it.

Since 1970, JDRF has been working tirelessly to realize our vision of a world without T1D, and we have been fighting for countless families and individuals affected by the disease. As the leading charitable funder of T1D research, we won’t stop until we achieve our mission of accelerating life-changing breakthroughs to cure, prevent and treat T1D and its complications.

For many years, Novo Nordisk has been a trusted ally and partner in the fight against T1D. JDRF is very grateful that Novo Nordisk shares our commitment to support everyone with T1D, and we are looking forward to seeing the positive impact these books have for anyone affected by T1D until we find a cure.



**Derek Rapp**  
President & CEO,  
JDRF





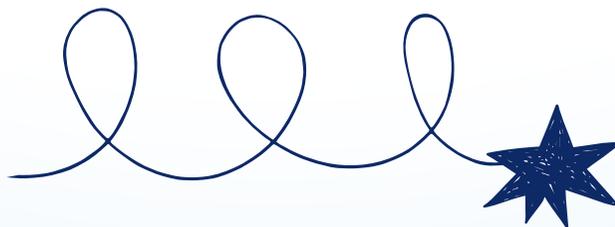
## A NOTE TO PARENTS AND CAREGIVERS, FAMILY, AND FRIENDS

When your child has been diagnosed with type 1 diabetes, it changes your world and the world of your child. One thing we need to never forget though is that kids with type 1 diabetes are still, first and foremost, **kids**! That's why we're bringing you **Meet Dot: Your New Friend** to help educate kids ages 2 to 6 about their diabetes journey—in language they can understand.

Read this booklet to your child and have fun! It's full of age-appropriate information and activities designed for children. This booklet is part of the **My Life, My Diabetes, My Way** booklet series, brought to you through a unique partnership between Novo Nordisk and JDRF.

# Meet Dot!

HI! I'M DOT!



I'm that little dot of blood that comes out of your finger when your mom and dad prick it. You know, when you have your blood sugar checked. Just a little poke, and here I am! Hello. Nice to meet you!

I know it can be a bit of an "ouch" sometimes. Sorry about that. But it's only for a second. It's important that I come see you every day, many times a day, so that your mom and dad can make sure you are okay.

You probably have a lot of questions. Well, I am here to tell you more about your diabetes and share some stories too—with the help of some of my friends! Many of my friends are kids with diabetes, just like you. I bet they have some of the same questions about diabetes that you do.

**So let me introduce you to my friends Sean and Emily! They have diabetes just like you!**

## Meet Sean

Sean is 5 years old. He is a really funny kid. He loves to draw and play soccer. Sean also really loves milk. One day his mom noticed that he was drinking a LOT more milk than usual. And he was asking for water all the time, too. He was always so thirsty. He also got soooooo tired. Too tired to play with his friends or even have his mom read him a story. He also had to go to the bathroom a lot.

So his mom called the doctor to see if Sean was sick. The doctor told his mom to bring Sean to the hospital. At the hospital the doctors told Sean he had diabetes.



## WHAT IS DIABETES?

“Good question! Diabetes is not easy to explain, but I can try. Diabetes is what happens when you don’t have enough of an important thing in your body called insulin.”

“You see, when you eat something, your body turns some of your food into a special kind of sugar that goes into your blood. When that sugar gets inside tiny parts of your body called cells, it gets turned into energy. And, you need energy for fun things, like running and playing. But to keep bad things out, your cells are locked. To open the locks in the cells and let the sugar in, you need a key. Insulin is that key!”

Sean’s body doesn’t make any insulin. And, because you have type 1 diabetes, yours doesn’t either. Without insulin, too much sugar stays in your blood and that’s not good for your body. It can make you pretty sick, and we don’t want that.

So, you have to take the right amount of insulin, just like Sean does.



## Meet Nurse Karen



At the hospital Sean met a really nice nurse. Her name was Nurse Karen.

Nurse Karen told Sean and his parents that sometimes Sean could have too little or too much sugar in his blood. She told Sean it was important to tell his parents if he did not feel right.



WHAT IS LOW BLOOD SUGAR?

Sean asked Nurse Karen, "What is low blood sugar?"

Nurse Karen answered that low blood sugar is what happens when there is too little sugar in your blood. She said the doctor has a very fancy word for it—hypoglycemia. Nurse Karen said that this can happen if you take too much insulin, do not eat enough food, or even if you are really active one day and use way more energy than usual!

Nurse Karen told Sean to let his parents know if he does not feel right. Like if he feels like things are spinning in his head. It is called being dizzy. Or if he gets very tired when it is not even his bedtime or naptime. Or if he gets really cranky. Or if Sean feels really, really hungry. That could also mean that he has too little sugar in his blood.

So, he always has to tell his parents if this happens so they can check the sugar in his blood and help him.



## WHAT IS HIGH BLOOD SUGAR?

Sean asked Nurse Karen, "What is high blood sugar?" Nurse Karen explained that Sean could have too much sugar in his blood. And, that the fancy word for that is hyperglycemia! Nurse Karen told Sean's mom that this can happen if Sean does not get enough insulin. Or if he is at a birthday party and has too much cake without taking enough insulin to cover it. Or even if he does not feel like playing one day and isn't as active as usual.

Nurse Karen told Sean that if he feels very thirsty, very hungry, has to go to the bathroom a lot, or if he can't see right, he needs to tell his parents right away so they can help.

**I'll tell you more about Sean later.  
Did I tell you about my friend Emily? No?  
Do you want to meet her? Okay!**



## Meet Emily

Emily is 4 years old. She is such a fun kid. She goes to pre-school and loves to dance, sing, and play with her friends.

But when Emily felt tired at school, she did not want to dance or sing or play. Emily went to the school nurse. The school nurse saw that Emily was very sick and called Emily's mom to come pick her up. Emily's mom was worried and took her to the doctor to see what was wrong.



The doctor tested her blood and told her that she has diabetes.



WHY DID I GET DIABETES?

“That is a really good question! You have type 1 diabetes, because a little part of your body is not working as it should. I don't know exactly why you got type 1 diabetes. No one really does!”



But Emily didn't get type 1 diabetes because of anything she did. And, just like Emily, you don't have type 1 diabetes because of anything you did either. Or anything your parents did. And it's not because you ate too much candy or sugar. And it's also not something that you can catch by someone sneezing on you or touching you.

Sometimes type 1 diabetes just happens.

You are not the only kid this has happened to. There are a lot of kids who have type 1 diabetes. And they learned how to take good care of themselves, just like you will!



Emily and her mom and dad spent some time with a diabetes educator learning how to take care of her type 1 diabetes. Emily thought there was a lot to learn so she asked me, "Can I still be a normal kid?"

What do you think I told her?

I told her, "Yes, silly! You already ARE a normal kid!"

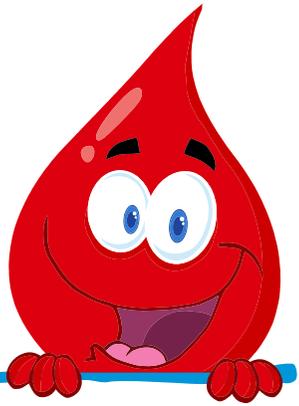


Emily is the same person she's always been. And so are you! Like other kids, there are things you need to do to take care of yourself—brush your teeth, take a bath, go to the doctor.

As a kid with diabetes, there are a few more things that you and your parents will have to do to help you stay healthy. But you will get used to it.



The first thing Emily and her parents did was pick out a cool bag to keep all her diabetes stuff in. Do you have a cool bag where your parents keep your insulin and everything you need to check your blood sugar?



I thought that my friends Sean and Emily were doing great learning about taking care of their diabetes. But, Sean and Emily were still a bit worried. They asked, "But Dot, what's going to change now that we have diabetes?"

I told them most things will stay just the way they are now. And the same is true for you, too! There will be some changes in what you do every day, but you will get help in making them.

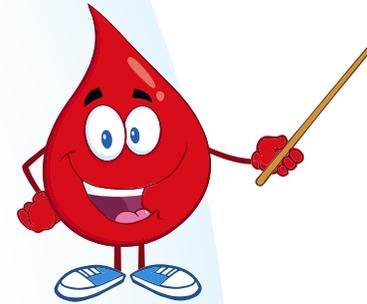
You will have to listen to what your mom and dad tell you about taking care of yourself.

You don't have to remember everything by yourself. You have your family and your doctor to help you.

And you have me!

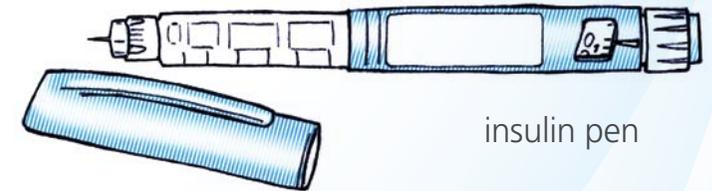


HOW WILL I TAKE MY INSULIN?

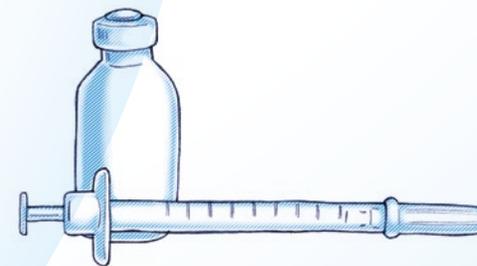


Since your body doesn't make insulin, you have to put some insulin back inside you! That's why Sean and Emily take insulin. And that's why you take insulin, too!

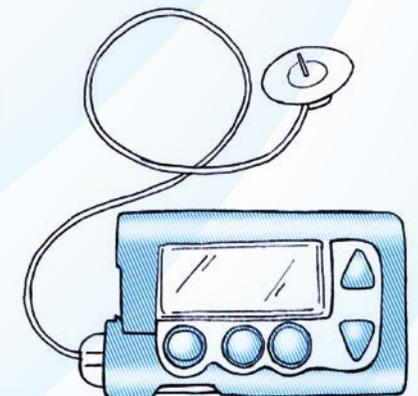
There are different ways to take your insulin.  
Circle the one you use!



insulin pen



vial and syringe



insulin pump

Because Sean and Emily have type 1 diabetes, their parents check their blood sugar several times a day. Sean and Emily asked me, "Why do we need to have the sugar in our blood checked?"

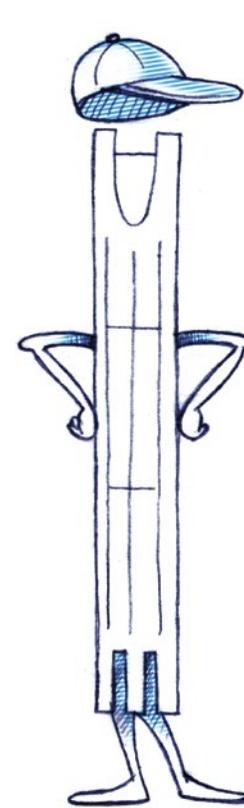


I told them, "We need to make sure the amount of sugar in your blood is not too high or too low...but just right! That's where I come in!"

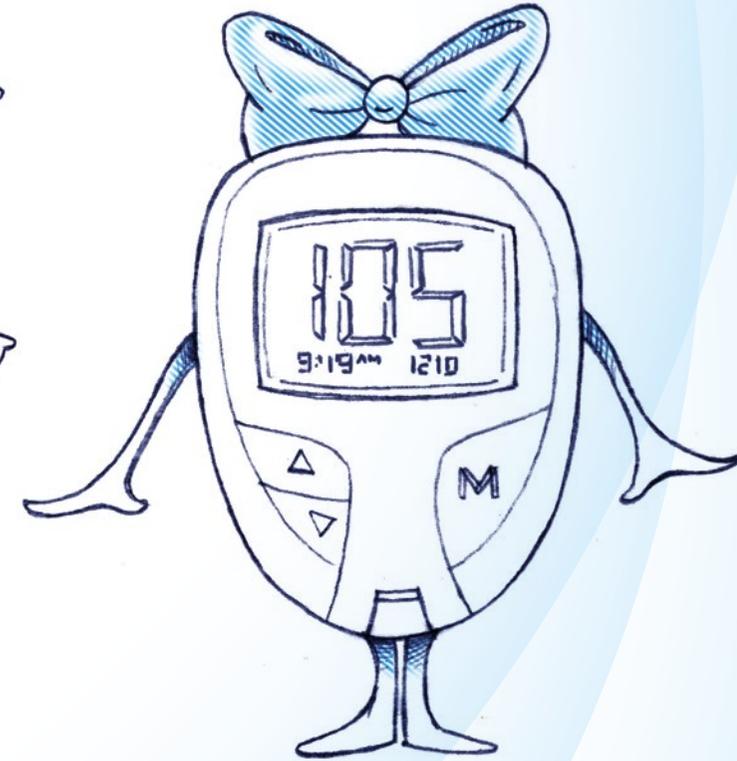
Just like Sean and Emily's parents do, your parents will check your blood sugar too! Your parents will prick your finger, and out I come.

You just take a drop of me and you put it right next to my friend **Timmy the Test Strip**. He pulls me in and gets me to my other buddy, **Molly the Meter**, who reads how I'm doing.

Molly and Timmy will help tell your parents if the amount of sugar in your blood is okay. The information Molly the Meter gives them helps your parents figure out how much insulin they need to give you!



Timmy the Test Strip



Molly the Meter

Sean and Emily came up with the names Molly the Meter and Timmy the Test Strip—they are too much fun.

You can call them whatever you want though. Can you think of a cool name for your meter and your test strip?



When Sean and Emily get their blood sugar checked, they like to have a teddy bear that looks like this one to keep them company. Do you have something you like to keep with you when you get your blood sugar checked to help you feel better?



Do you want to color the bear?



*Emily grabbed and hugged  
Her teddy bear  
And now it's always there  
To help her through every tiny ouch  
She carries it with her in a backpack pouch  
So, now along with her blood sugar meter,  
Which she calls Molly  
Is a dressed up bear she calls Dolly.*





DOT, CAN WE STILL GO TO DAY CARE AND SCHOOL?



Sean and Emily both love day care and school. But they wonder if they can still go now that they have type 1 diabetes. They ask me, "Dot, can we still go to day care and school?"

Of course they can. And you can, too! Your teacher and other grownups don't know diabetes as well as you do, so your parents may need to come with you to day care or school to teach them a bit. They will come up with a plan for helping you take care of your type 1 diabetes when you are at day care or school.

After school Emily and Sean told me that the other kids in class had a lot of questions about diabetes.

*What kind of medicine do you need to take?  
Can you eat candy or cake anymore?  
Can you still play tag outside?*

Sean told the other kids at school all about his diabetes. He even told them what happened at the hospital. He let them know he was still the same kid as before.

Emily said she would bring her diabetes bag to the next show-and-tell and explain to the other kids how she uses it.

What about you? Do you have anything about your diabetes you would like to show your friends?



After day care and school Emily and Sean love to play with their friends.

So they ask me, "Can we still play with our friends?"

“Yes, of course! Friends are the best. And playing is not only fun but it’s also good for your type 1 diabetes.”

Just like Sean and Emily, you need to keep your body moving, so playing is really important.

*So play catch. Play tag.*

*Play capture the flag!*

*Sing and dance.*

*And move whenever you get the chance.*

*Yes, your friend Dot can be silly, too!*

Just remember to talk to your mom and dad before you go play.



CAN WE STILL  
PLAY WITH OUR  
FRIENDS?



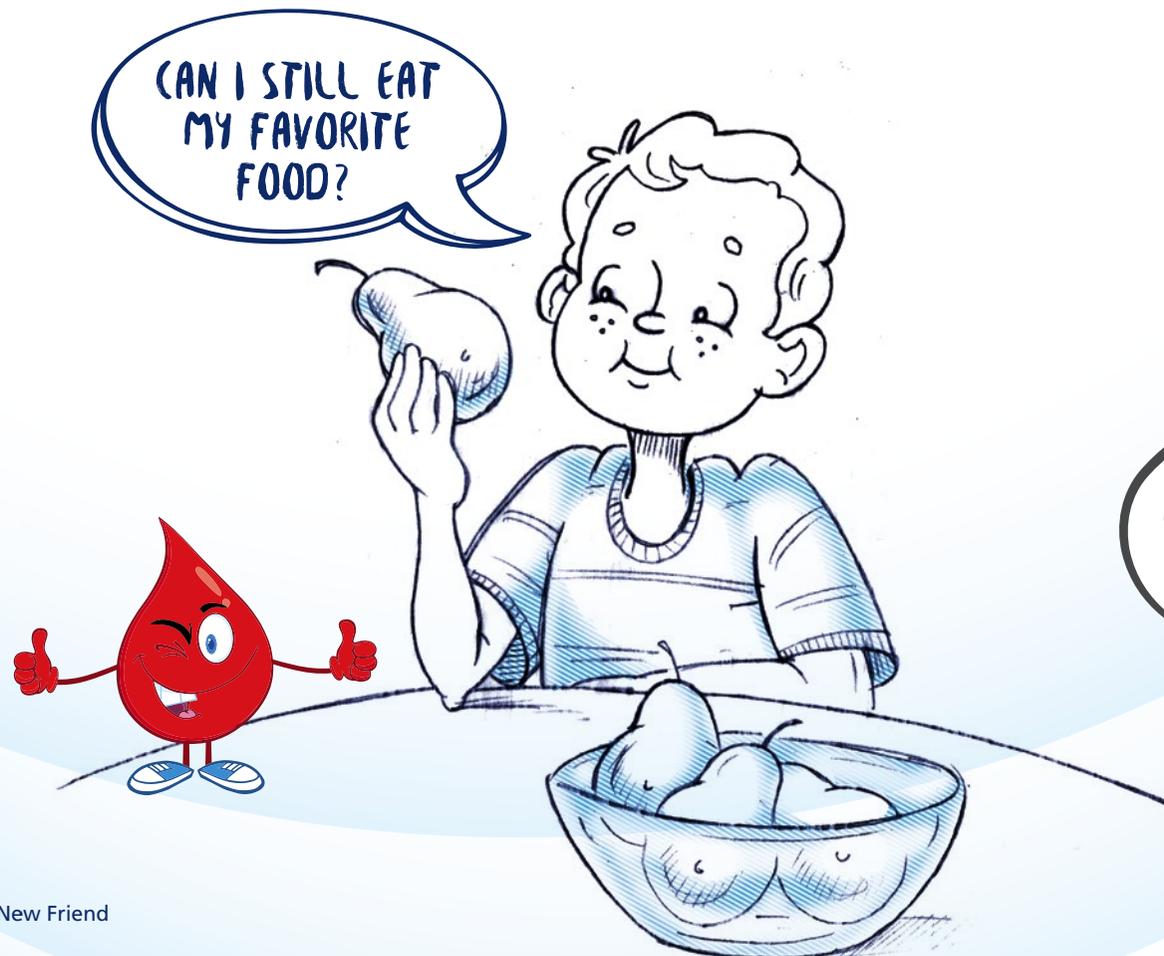
**Sean loves soccer. Emily loves dance class.  
What games do you play with your friends?  
What games do you play on your own?**



After Sean and Emily play with their friends, it is time to eat dinner. Sean wants to know, "Can I still eat my favorite food?"

“Yes most of the time you can! You and your parents will need to watch how much you eat of certain things and when you eat them. You can still eat most of the things you like. Your parents will just need to plan for it by giving you the right amount of insulin to cover what you are eating.”

And just like Sean, you and your parents will have to watch what you eat, too.

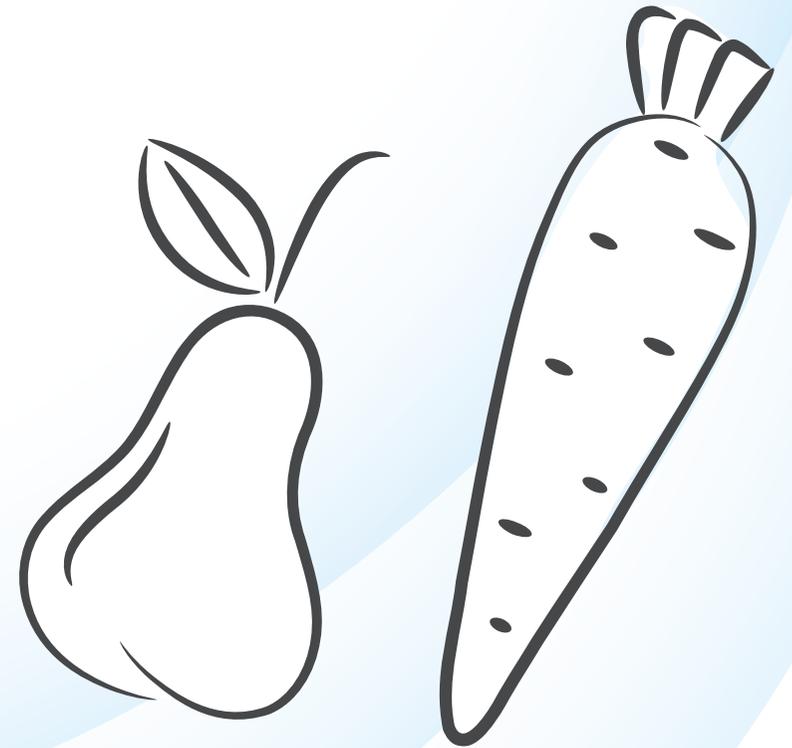


*Being healthy is fun, you will see  
So have a blast at the grocery!*

*Try some broccoli, try some beans  
Soon you'll learn what healthy eating means!*

*What does a carrot look like?  
How about a pear?*

*I want to know!  
Can you color me a picture  
And share?*



Phew! Sean and Emily learned a lot in just a few short days and weeks. Type 1 diabetes was a little scary at first, but the more they learned, the less scary it became. They learned what diabetes is and that it is no one's fault that they got it.

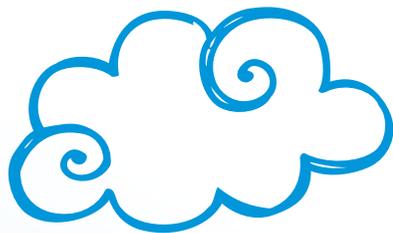
Their doctors and parents have told them about a few new ways to stay healthy. There are ways to stay active, like playing tag. And they also know about the fun foods they can eat.

And Sean and Emily know they can still be regular kids.

They continue to learn every day, and so will you. With a little help from your parents, your doctors, and me!

I hope you liked meeting me and my friends.

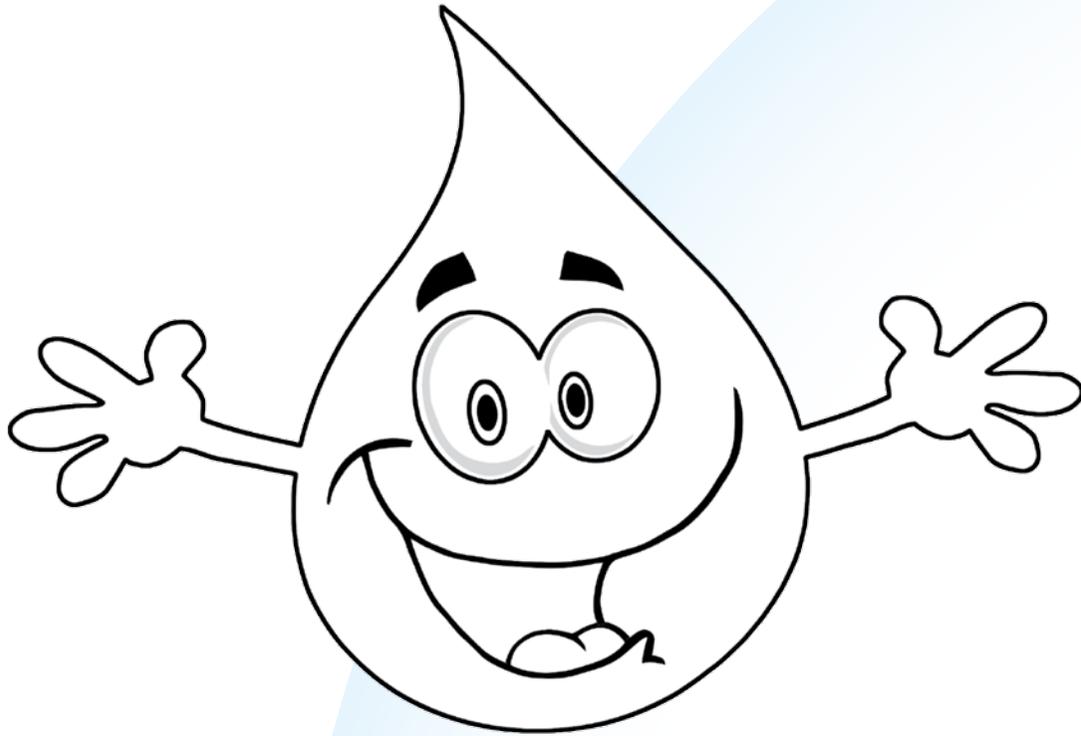
Remember, your family, your friends, and your doctors will take extra special care of you. You should always listen to them so that you can stay healthy and keep having fun! I will definitely see you every day to say HELLO!



Oh, and I've got some fun activities for you too, just turn the page!

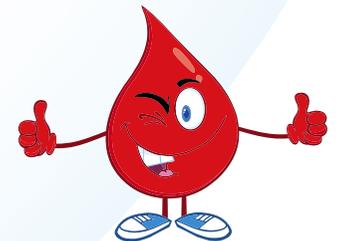
# Give Dot Her Color Back!

Oh no! I lost my color! Can you color me in?



# My Fruit and Vegetable Friends Are Hiding Their Colors!

Can you help color them in?



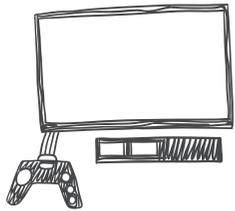
# My Staying Active Activity Page

There are lots of cool ways to keep moving!

Circle all the things that can help you stay active.  
Draw an X over the one thing that doesn't help you stay active.



Bike



Video Game



Soccer Ball



Jump Rope



Swimming



Football



Playground



Dog Walking

# My Healthy Food Choices Activity Page

There are lots of healthy food choices! Circle the healthy choices and draw an X over things that are not as healthy as the others.



Pear



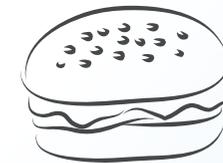
Watermelon



Cola



French Fries



Cheeseburger



Whole Wheat Bread



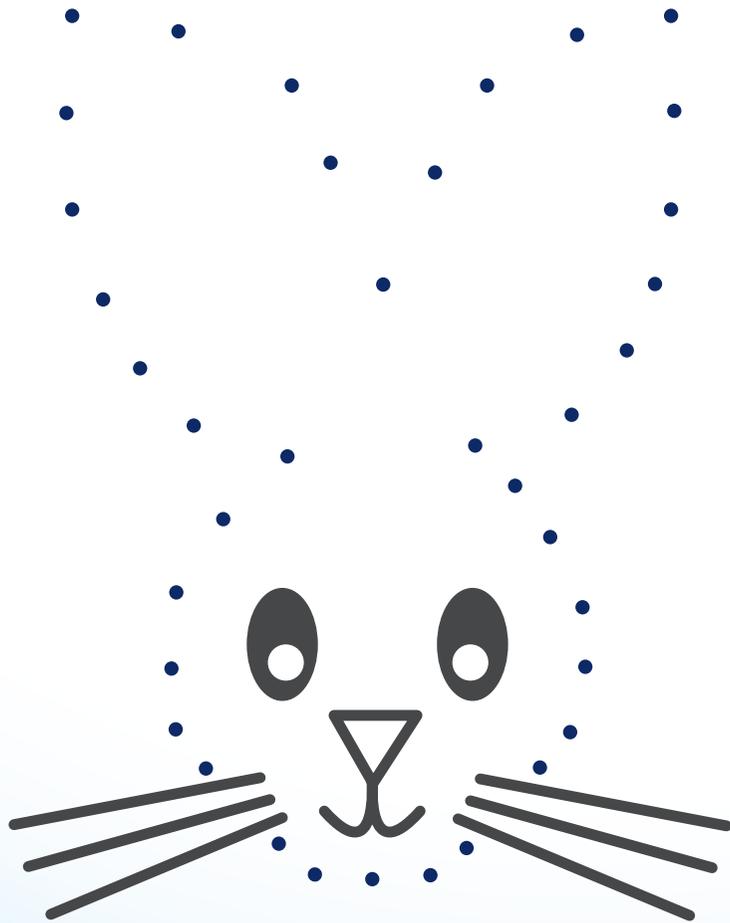
Grilled Chicken



Broccoli

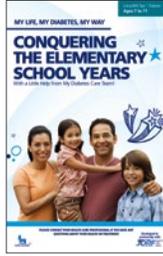
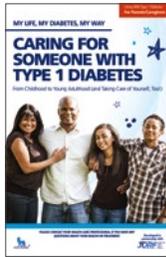
# Do You Know Who Likes To Eat Really Healthy Too?

Connect the dots to see who it is!



# Here Are Even More Resources for Your Child's Type 1 Diabetes Journey From Novo Nordisk and JDRF

This booklet is part of the "My Life, My Diabetes, My Way" educational series for people with type 1 diabetes. There are other booklets in this series, brought to you by Novo Nordisk and JDRF, that may be of interest to you, your family, and friends.



- ➔ **Caring for Someone With Type 1 Diabetes**  
Written especially for parents or caregivers of children, teens, and young adults with type 1 diabetes
- ➔ **Conquering the Elementary School Years**  
With Help From My Diabetes Care Team!  
Recommended for school-age children, ages 7 to 11.
- ➔ **Type 1 Diabetes 101: Getting Started, Staying on Track**  
A guide that offers both information and reassurance.  
Recommended for those ages 13 and up newly diagnosed with type 1 diabetes and their family and friends

**Ask your child's doctor for your FREE copy of these and other type 1 diabetes booklets today!** They are also available online as free PDF downloads at [t1support.cornerstones4care.com](http://t1support.cornerstones4care.com).

Additional type 1 diabetes resources can be found online at:  
[jdrf.org](http://jdrf.org) [diabetes.org](http://diabetes.org)  
[typeonenation.org](http://typeonenation.org) [type1.cornerstones4care.com](http://type1.cornerstones4care.com)  
[childrenwithdiabetes.com](http://childrenwithdiabetes.com)

Remember, these booklets and resources are for educational purposes only. If you have any questions about your child's diabetes care, be sure to ask your child's diabetes care team.



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