

Amalia

Her first weekend away from home



Fundación Diabetes
Juvenil de Chile

2017 - First Edition
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Amalia

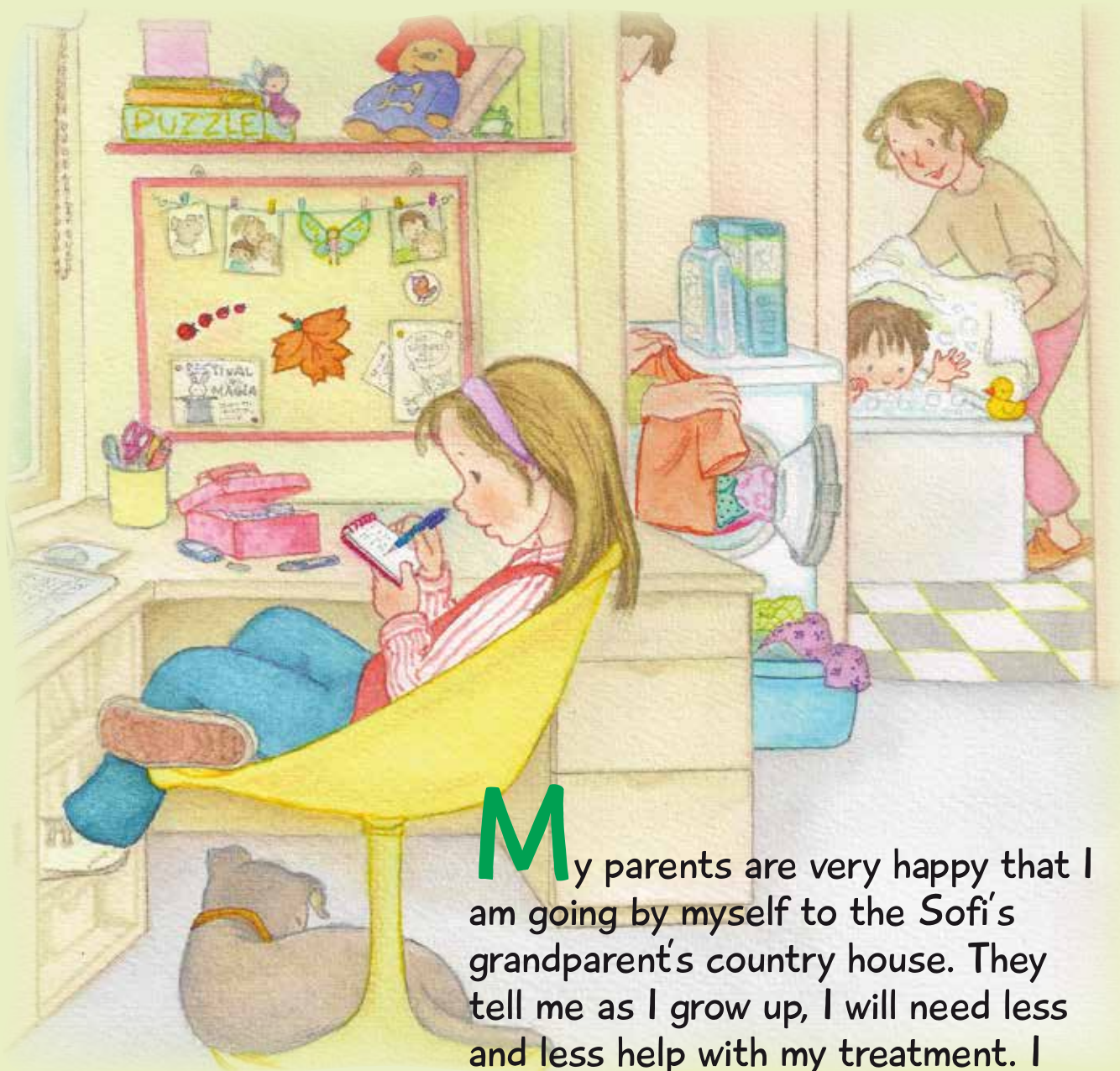
Her first weekend away from home



Text: Paz Velasco • Illustration: Soledad Folch •
Design: Bernardita Valdivieso • Editor: César Velasco
Translation: David Hendrick
Departament of Education

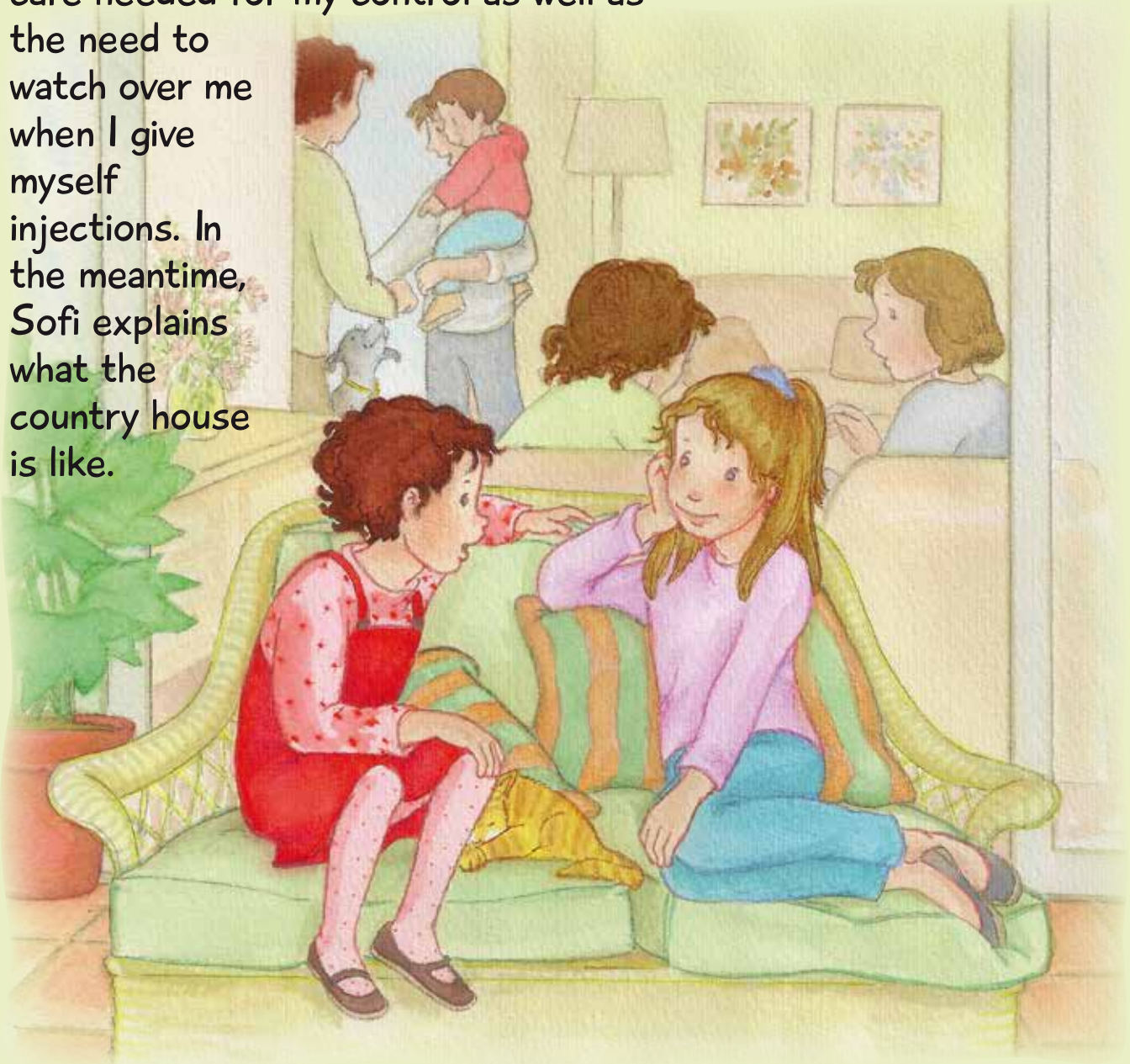
Sofi is one of my best friends and she has invited me to a pajama party this weekend. Her cousins are coming and it will take place at her grandparent's country house.





My parents are very happy that I am going by myself to the Sofi's grandparent's country house. They tell me as I grow up, I will need less and less help with my treatment. I can now measure my blood glucose, use my insulin pen, and write everything down in my test booklet.

Our parents talk about the basic care needed for my control as well as the need to watch over me when I give myself injections. In the meantime, Sofi explains what the country house is like.

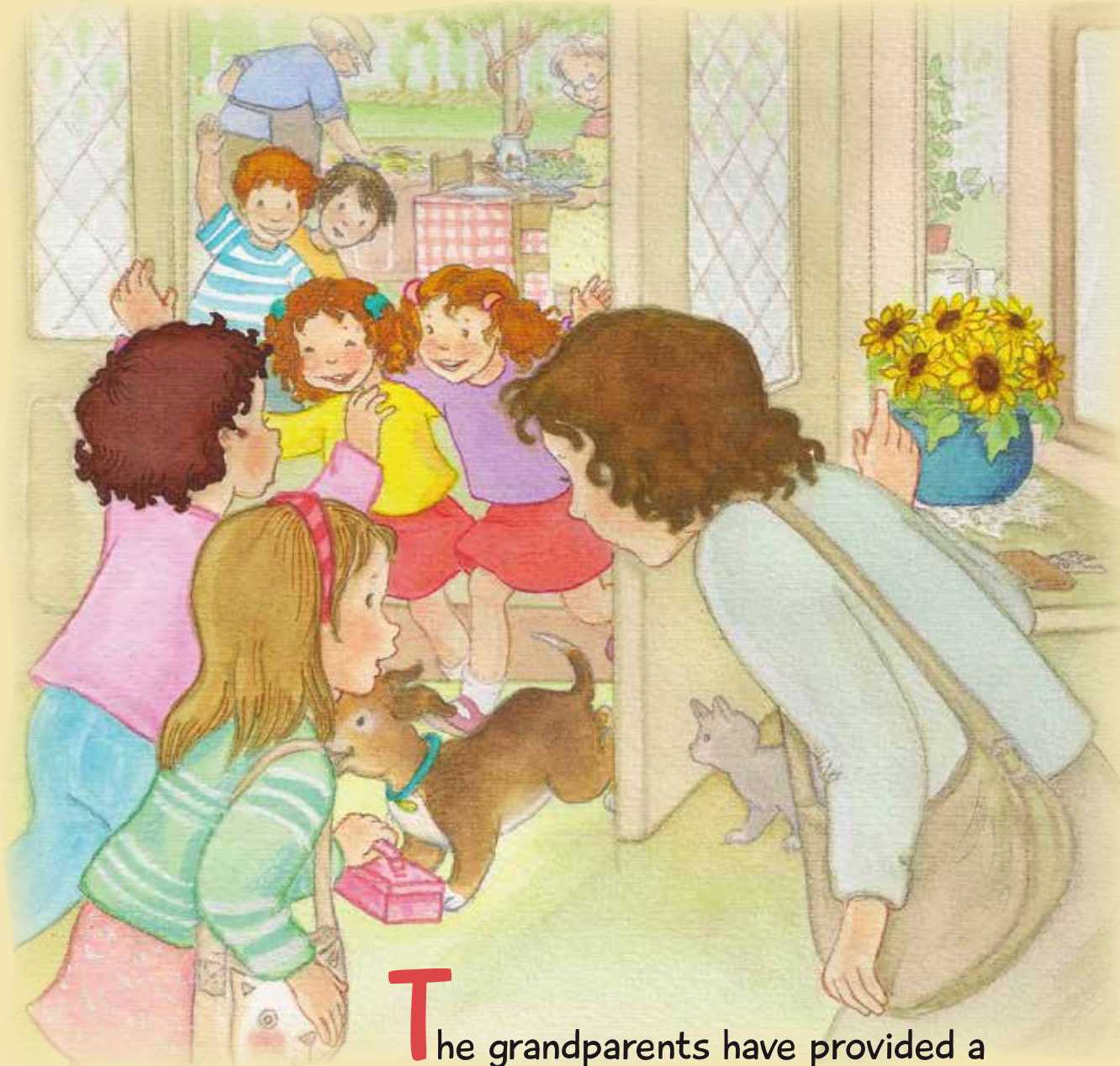


Time to pack my things!



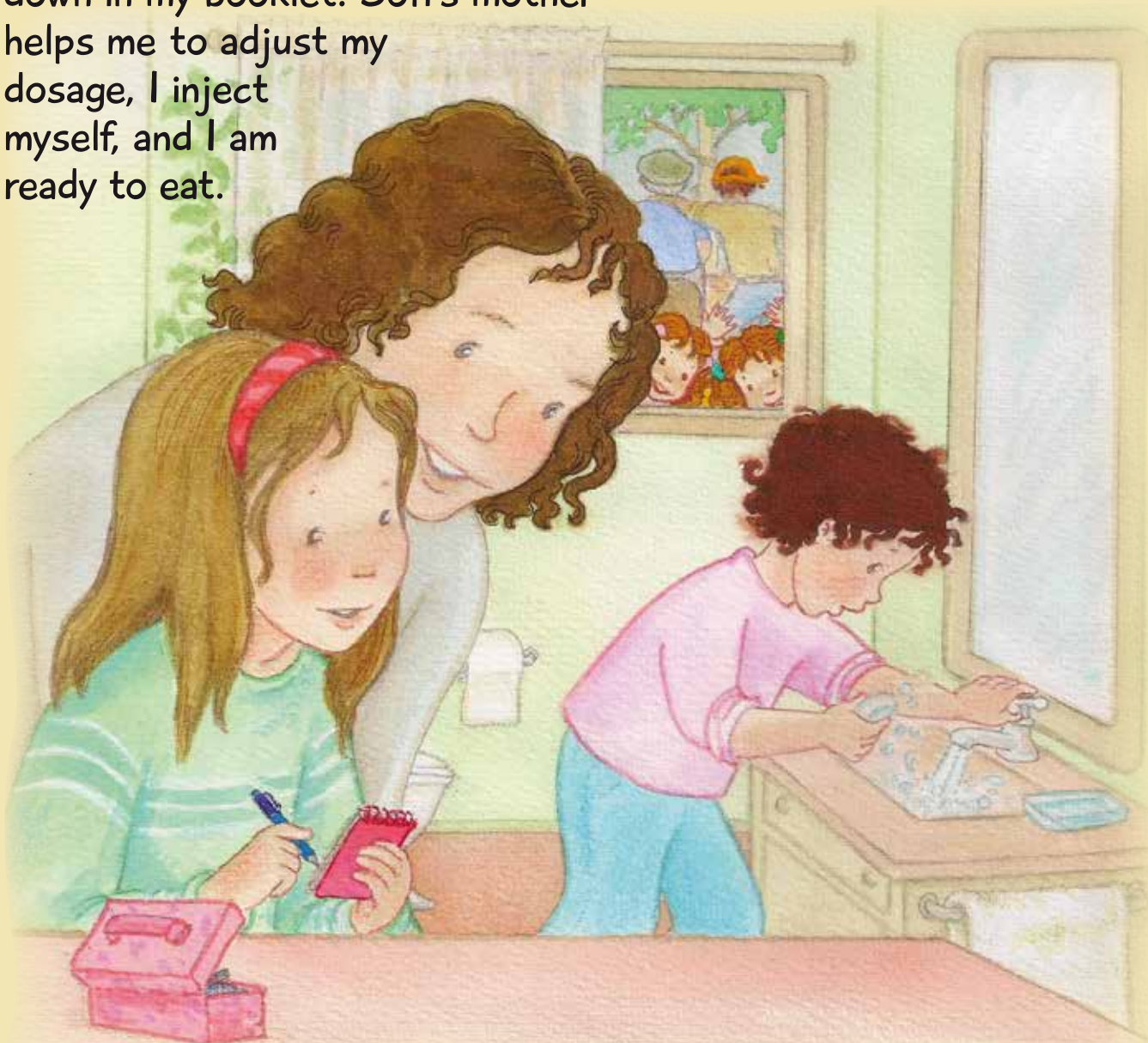


Here we are driving in the family van. The country-side looks very green and there are cows and fruit trees. Sofi's mother offers us a snack, and along the way we have a Karaoke contest with our favorite music.

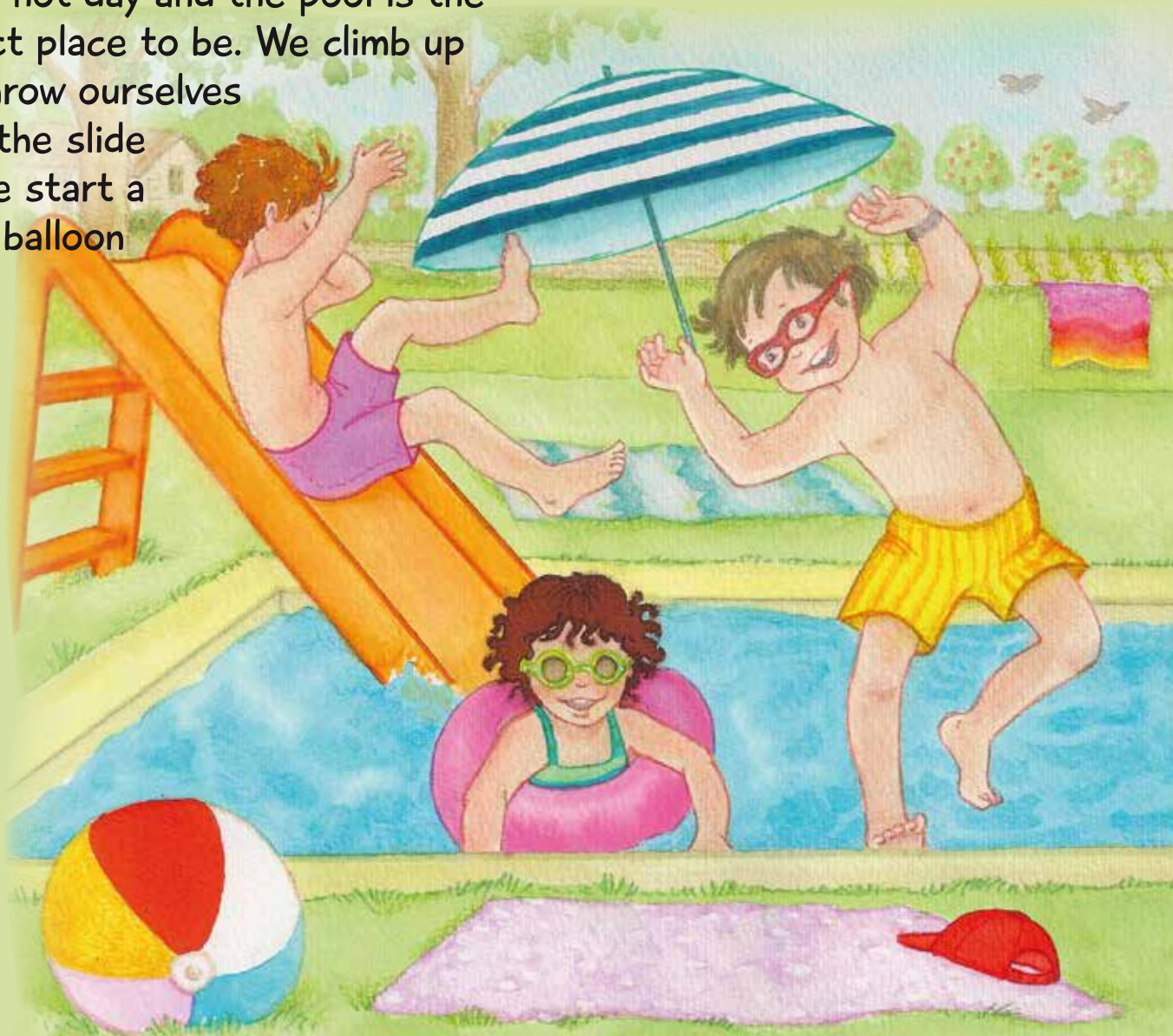


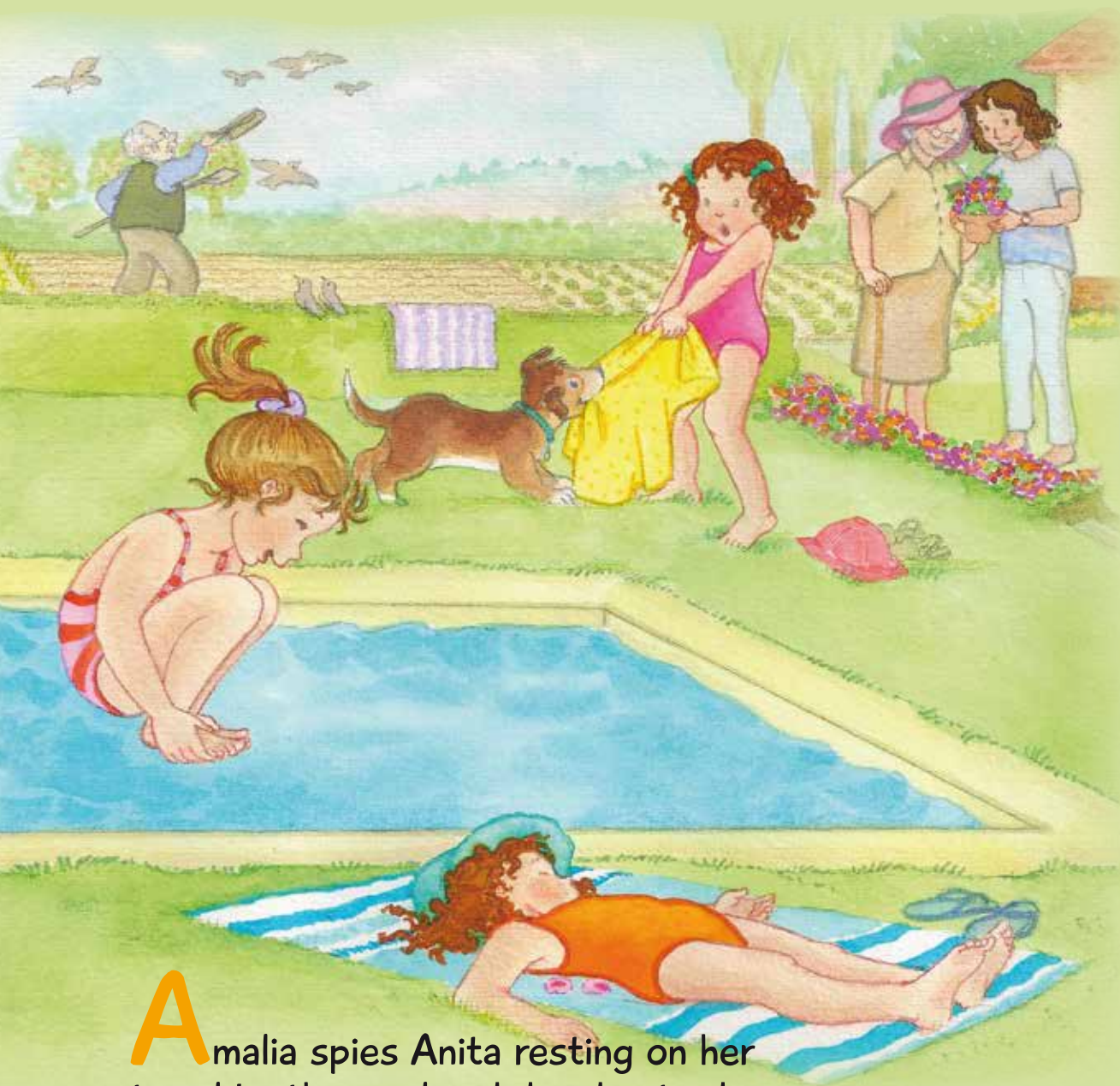
The grandparents have provided a delicious barbecue with salads made from their garden. Everything smells so good! We run to wash out hands before we sit down to eat.

I test my blood glucose and write it down in my booklet. Sofi's mother helps me to adjust my dosage, I inject myself, and I am ready to eat.

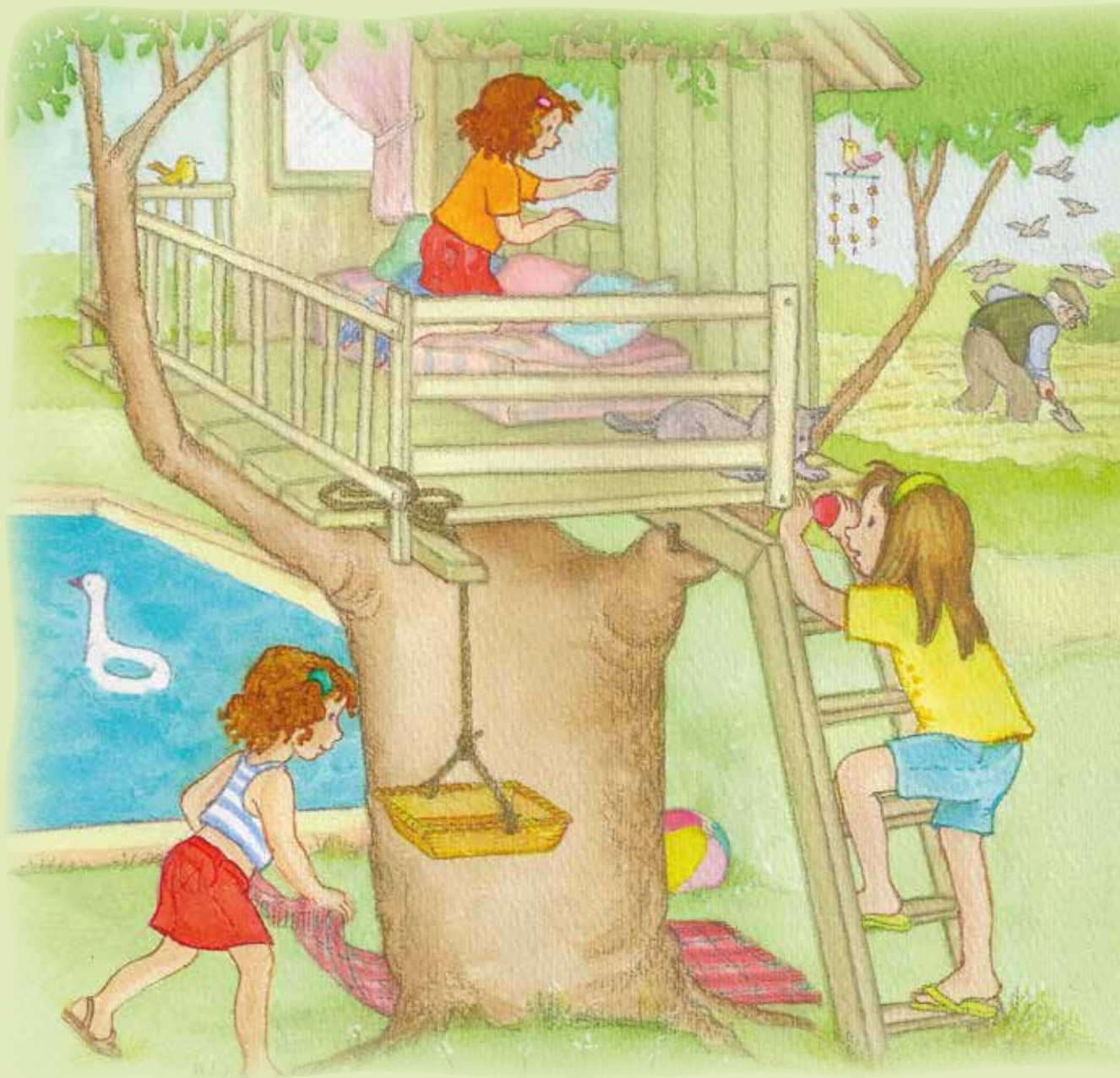


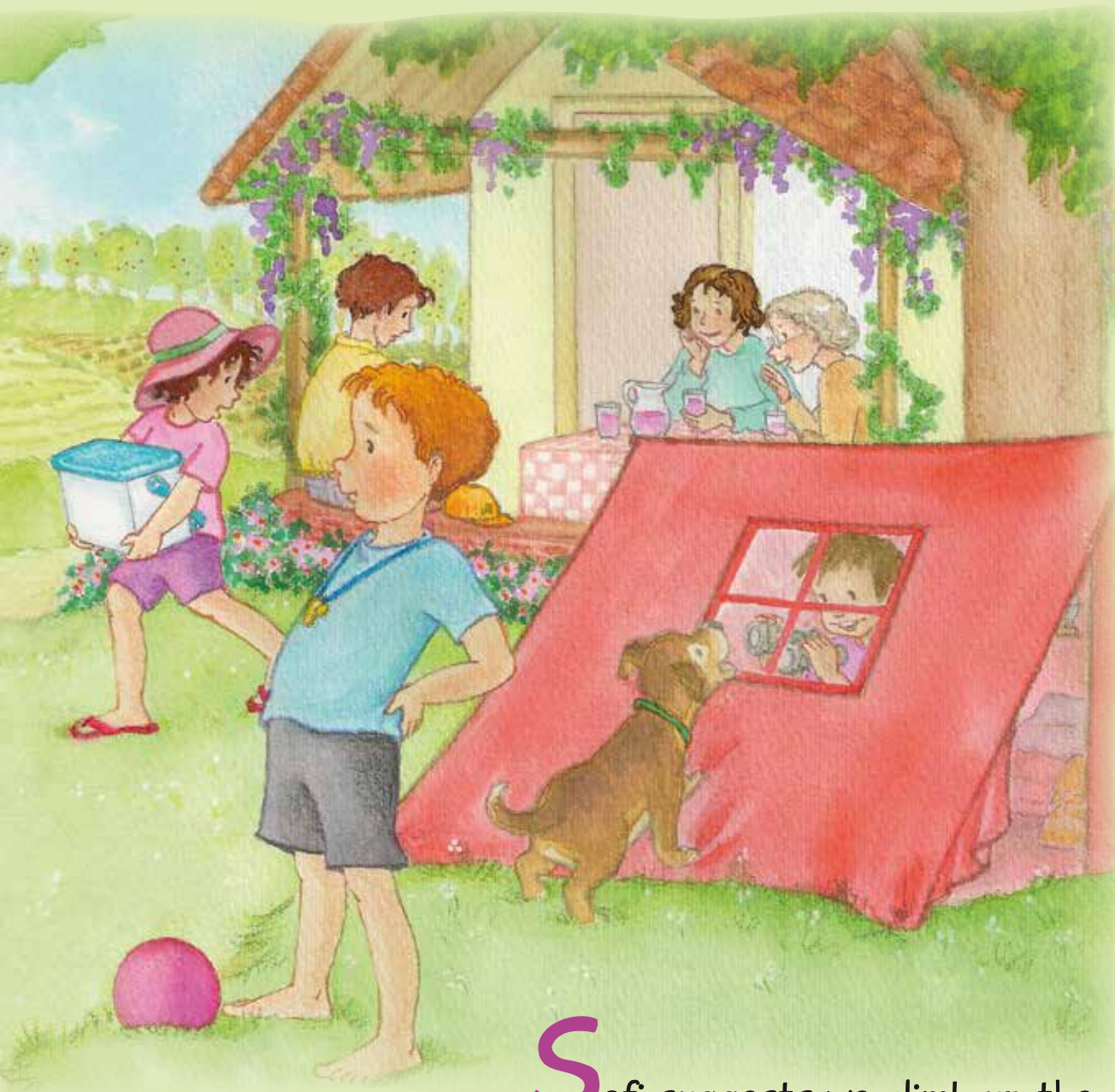
It's a hot day and the pool is the perfect place to be. We climb up and throw ourselves down the slide and we start a water balloon fight!



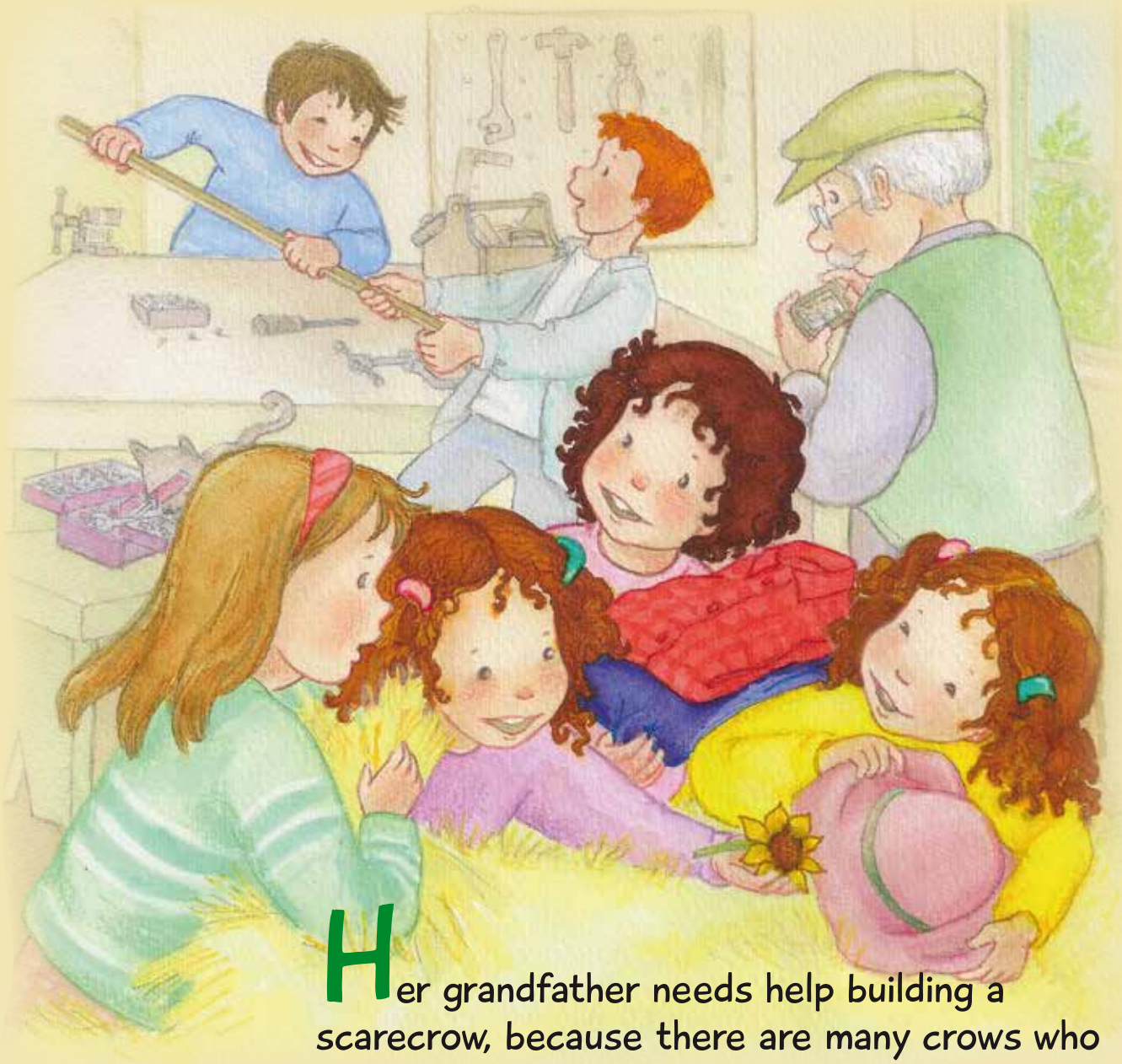


Amalia spies Anita resting on her towel by the pool and decides to do a cannonball dive. I soak her!





Sofi suggests we climb up the tree house and take a cooler of sugarless sodas for everyone.



Her grandfather needs help building a scarecrow, because there are many crows who eat the recently planted seeds from the garden. We stuff straw into an old pair of overalls and dress it with a checkered shirt.



Ana suggests that we
use a rag full of straw
to make the head



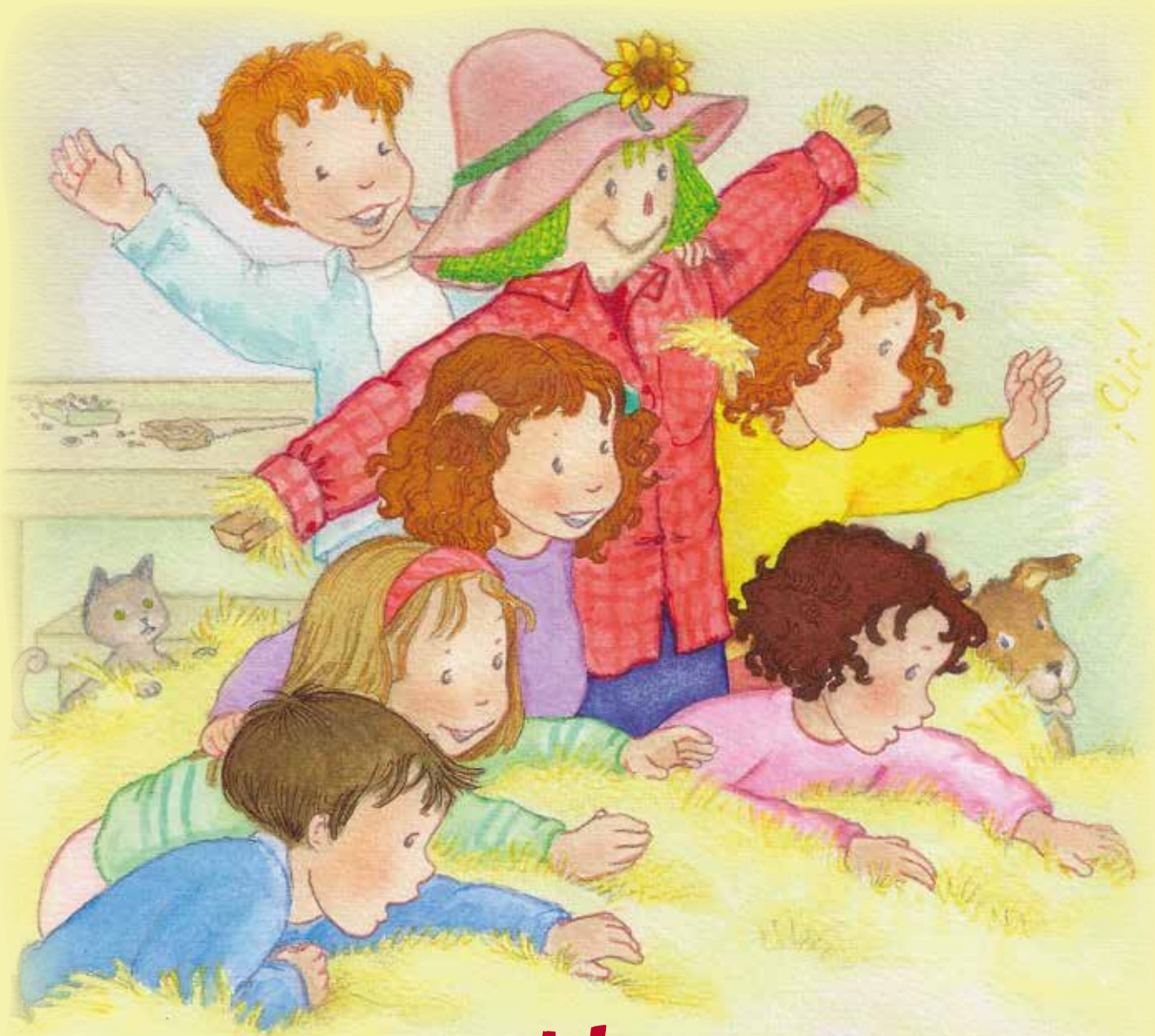
and I paint its eyes
and a mouth with a
big smile.



Daniela makes a wig
with yarn

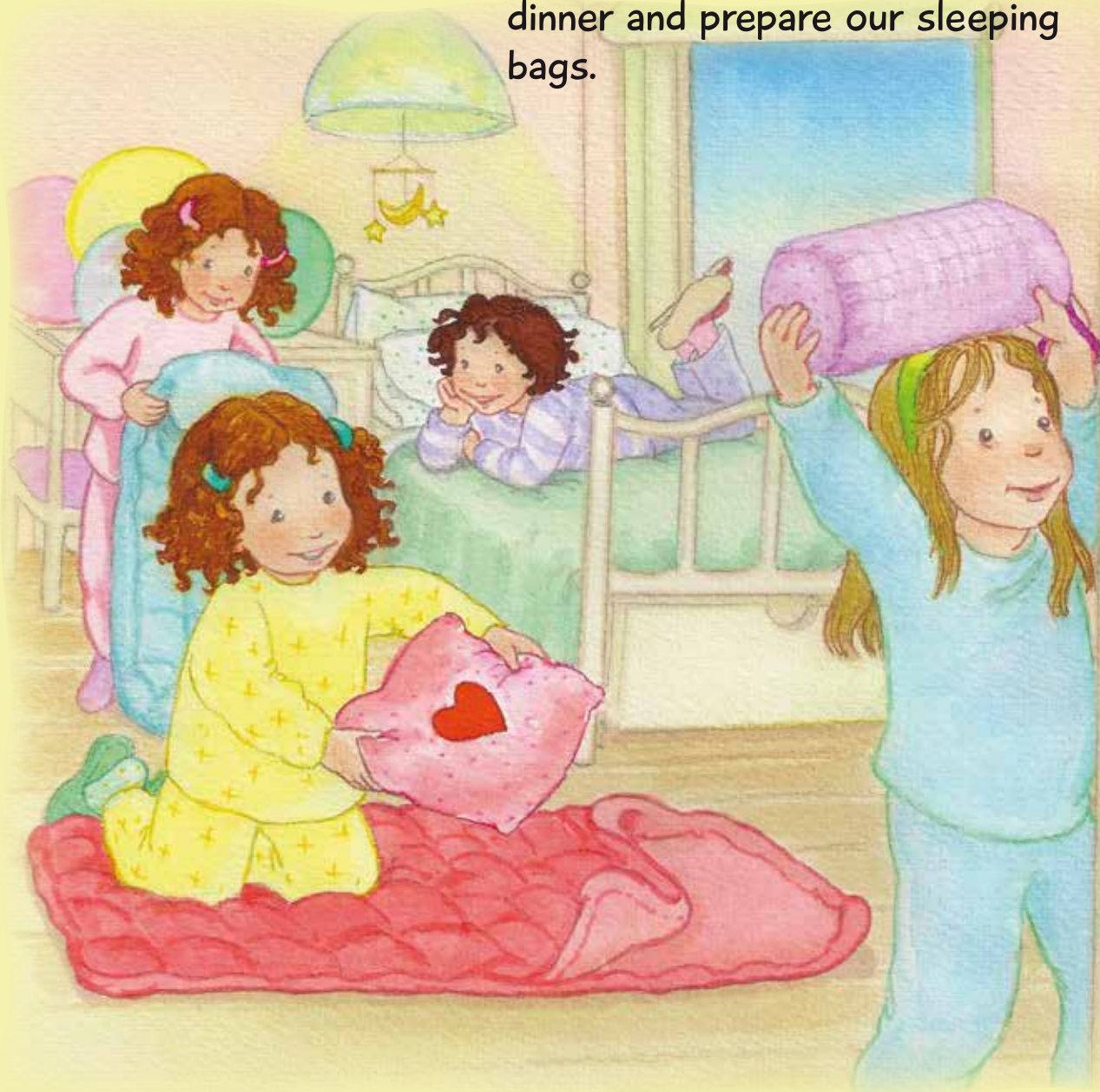


and Sofi tops it off
with an old hat.



Here we pose for the photo
that Sofi's grandfather took after
we finished making the scarecrow.

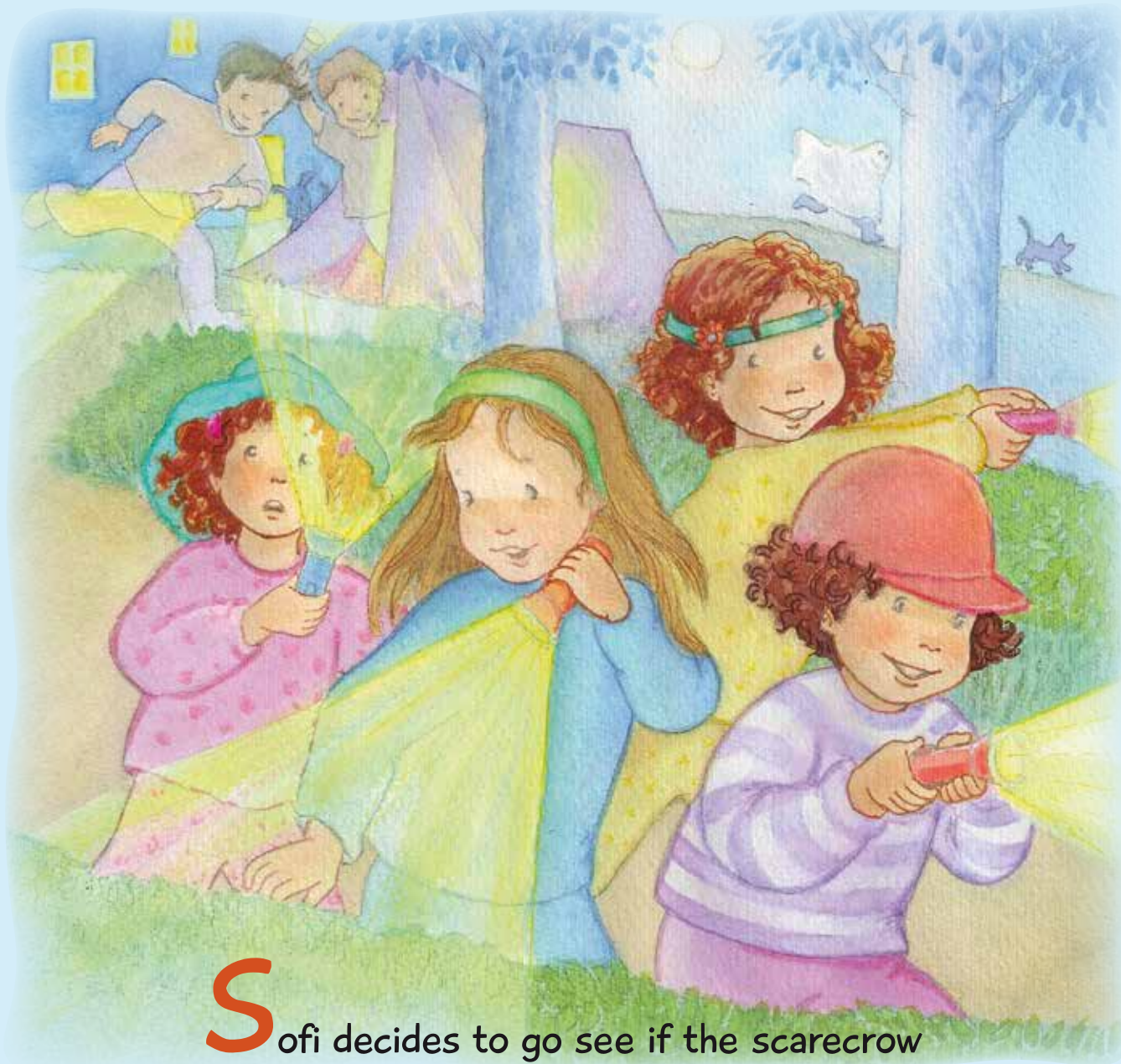
After so much running around
we're a bit tired, we have an early
dinner and prepare our sleeping
bags.





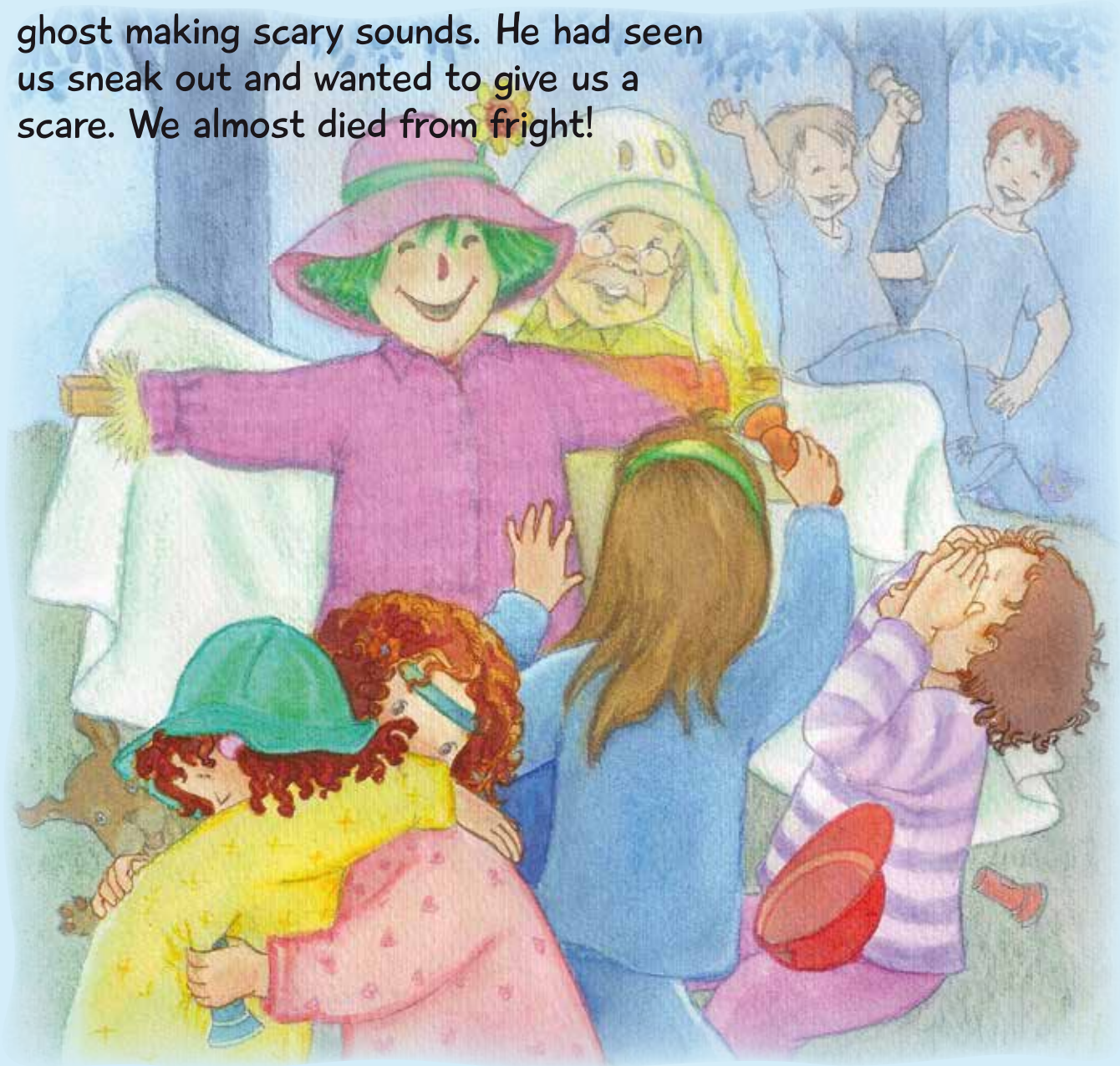
Now the pillow fight starts! The feather from a broken pillow go flying, and we can't stop laughing looking at the mess of pillows, feathers, and balloons that fill the room.

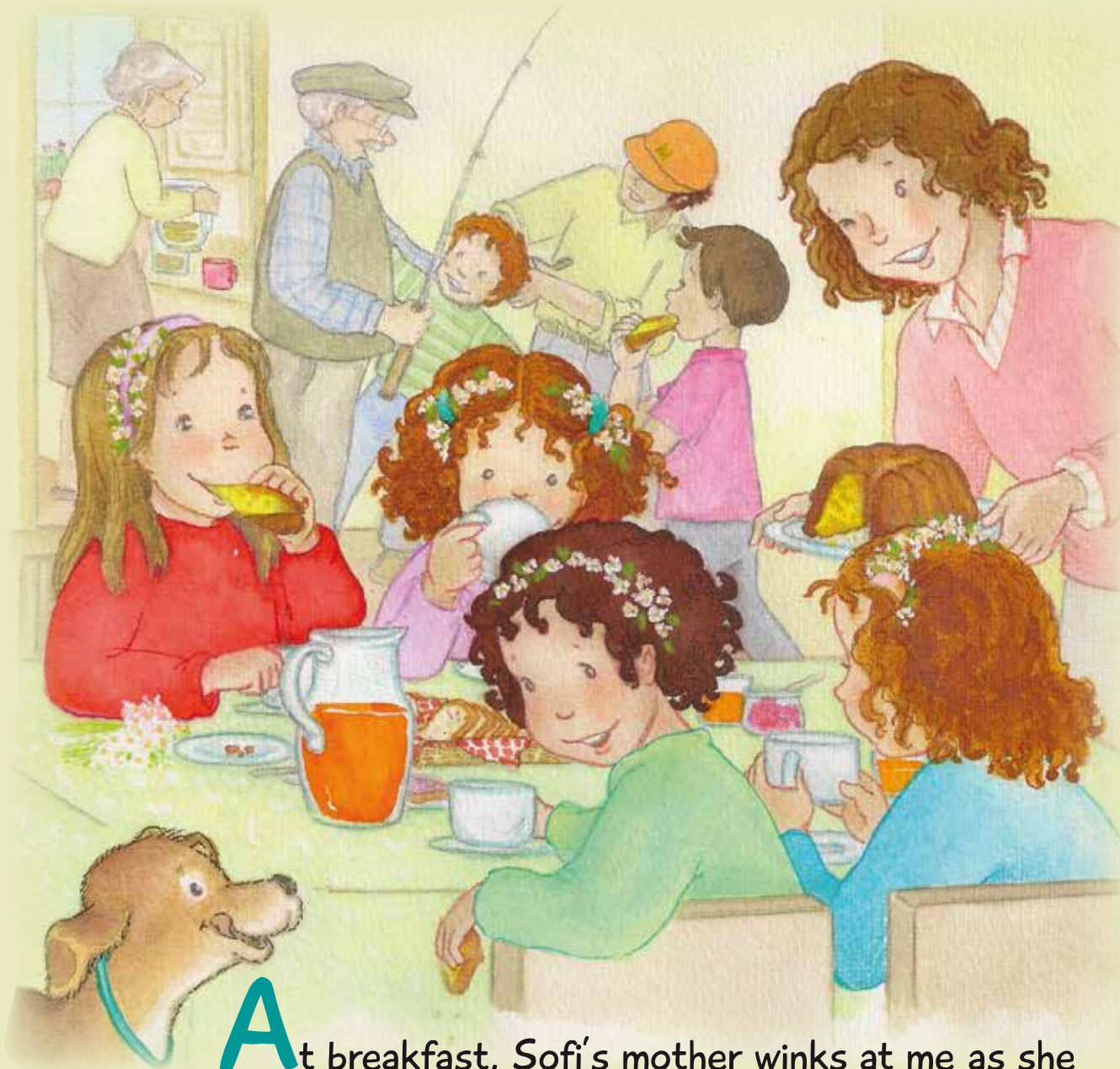




Sofi decides to go see if the scarecrow really frightens the crows. We tiptoe to the garden with our flashlights pointed towards the ground.

Suddenly, her grandfather jumped out from behind the scarecrow dressed as a ghost making scary sounds. He had seen us sneak out and wanted to give us a scare. We almost died from fright!

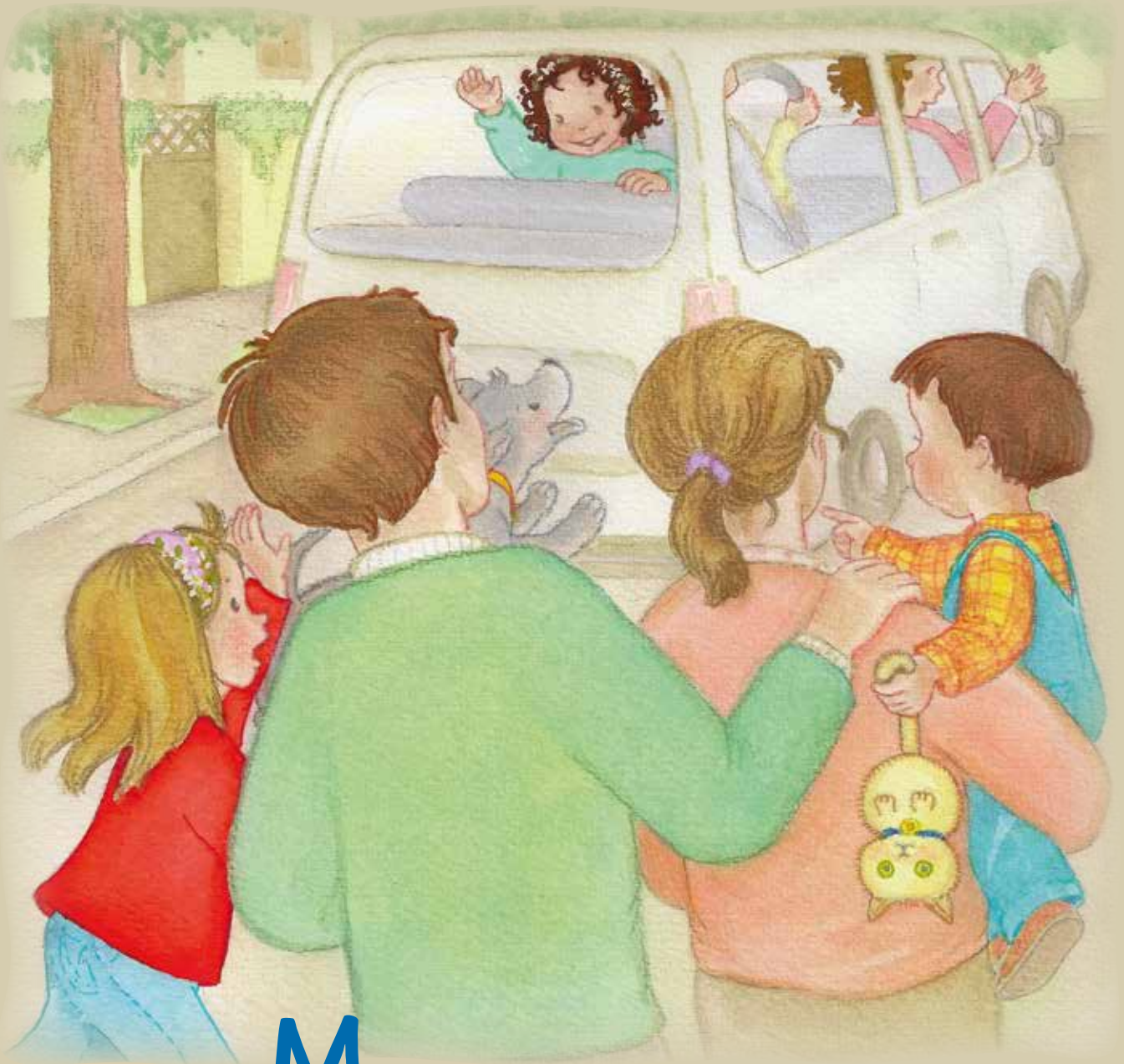




At breakfast, Sofi's mother winks at me as she serves me a piece of cake. She knows that I have already adjusted my insulin dose so that I could enjoy this moment with my friends.

Now, we are headed back home. We are tired and fall asleep on the return trip.

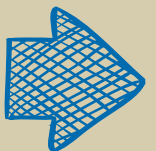




My father helps me take out my backpack and we say goodbye to everyone.
What a wonderful time we had!



Some advice for parents



• The first weekend away from home •

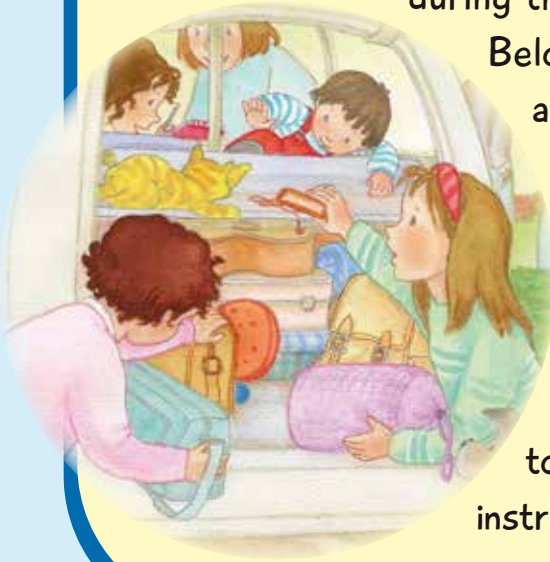
Some advice for parents

It will happen one day. For the first time, Amalia sleeps without her parents and this is just another part of learning to live with diabetes. It will likely happen with the parents of her friends or with a close family friend. It is virtually impossible for parents not to experience significant stress during their child's absence.



Below is some general advice about how best to confront this situation. They should be taken as helpful suggestions coming from experienced parents and should be discussed with your doctor.

- Your child's maturity should correspond to their age and they should be able to follow instructions when given.





- The child should be able to count calories, decide what they can and cannot eat, and be able to manage their diabetes (test blood sugar and give themselves injections).
- They should take their little bag with all that is needed for diabetes management, including glucagon, glucose tablets or sugary juices for low blood sugars (hypoglycemia). Also take some sugarless food for snack if they need something extra to eat.
- The family they stay with should be related or close family friends and know your child well.
- The house where they should allow easy land access and telephone communication and be no further than one or two hours driving distance from home.
- Ask the hosts to prepare the usual foods, nothing special, but for desserts have fruit (rather than sweets). Sugarless drinks should also be available.



- The test booklet should have an outline for blood glucose reading, carbohydrates for each meal, and the corresponding insulin dosages for each meal.

- The host should be vigilant when the child injects insulin and make sure that the dosis corresponds to the dosage in their booklet.

- The hosts ought to be able to recognize hyperglycemia and how to treat it (instruct them on the use of glucagon). As a precaution, they should provide the child a snack before going to bed (for example, a yogurt).



- Don't overwhelm the hosts with too many instructions so they don't get confused and stressed. Remind them that the most important things are to watch over them as they give their injections and be alert for signs of hyperglycemia. They should be confident that their guest is well-prepared to manage their diabetes.

