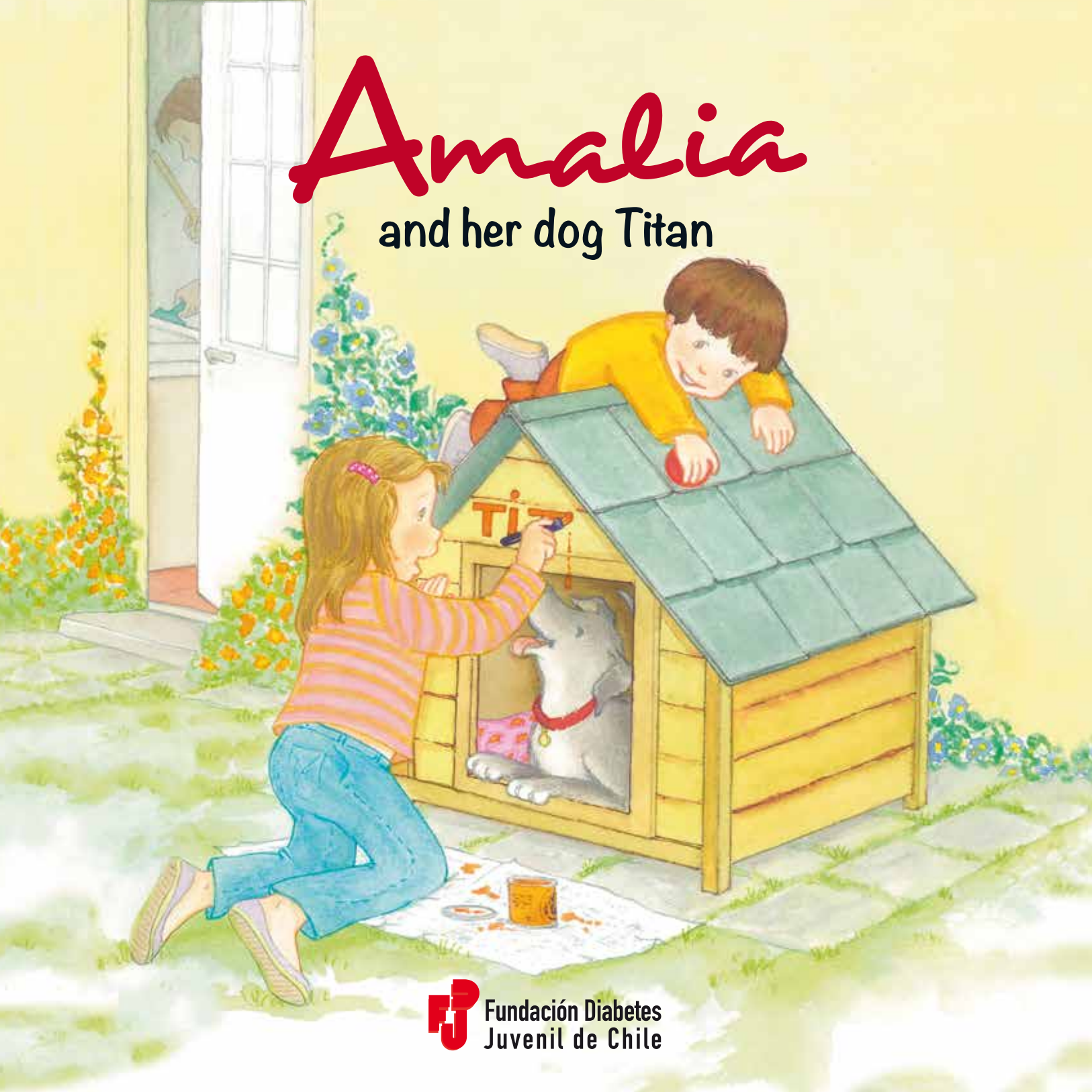


# Amalia

and her dog Titan



Fundación Diabetes  
Juvenil de Chile

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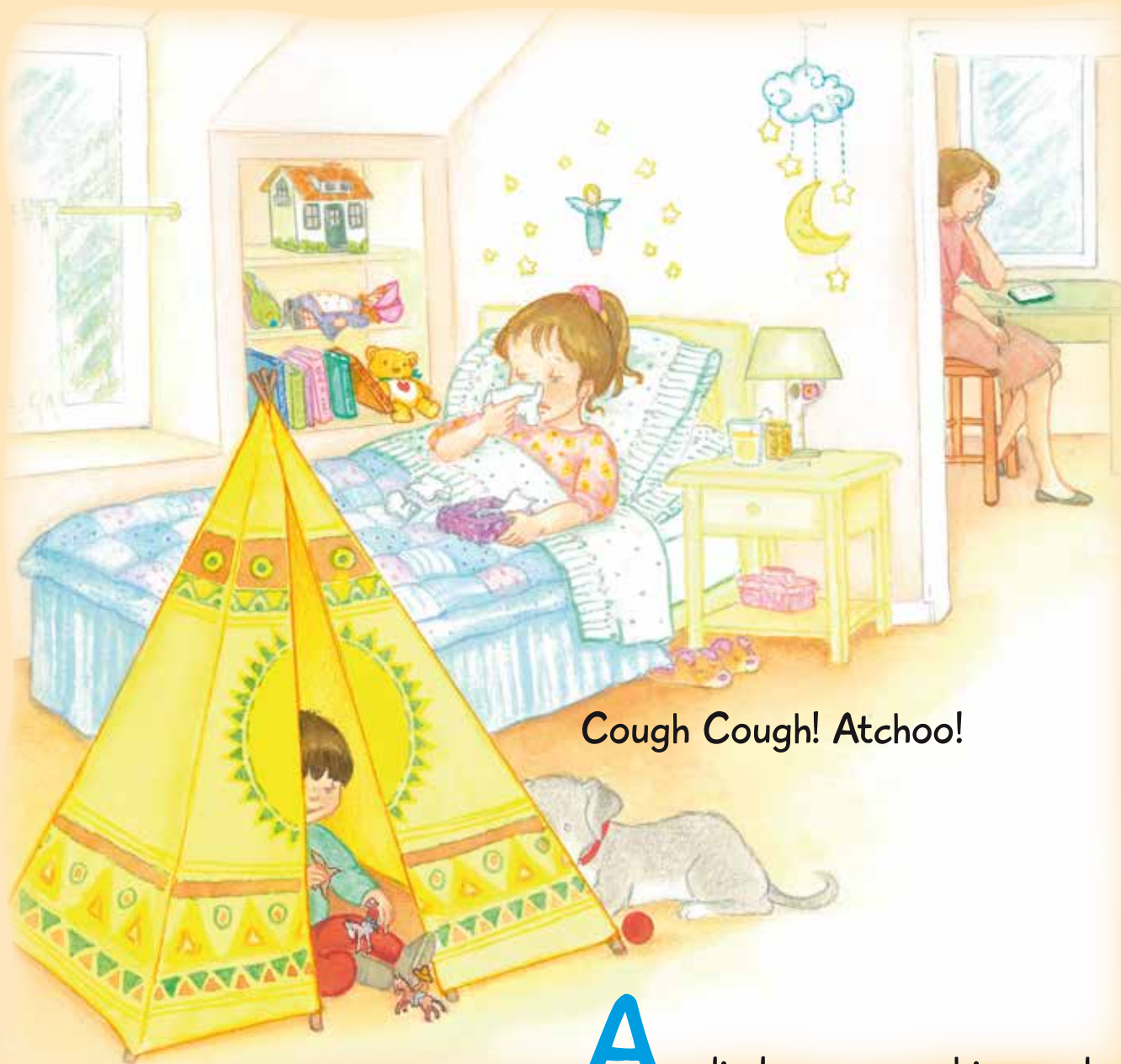
# Amalia

and her dog Titan



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



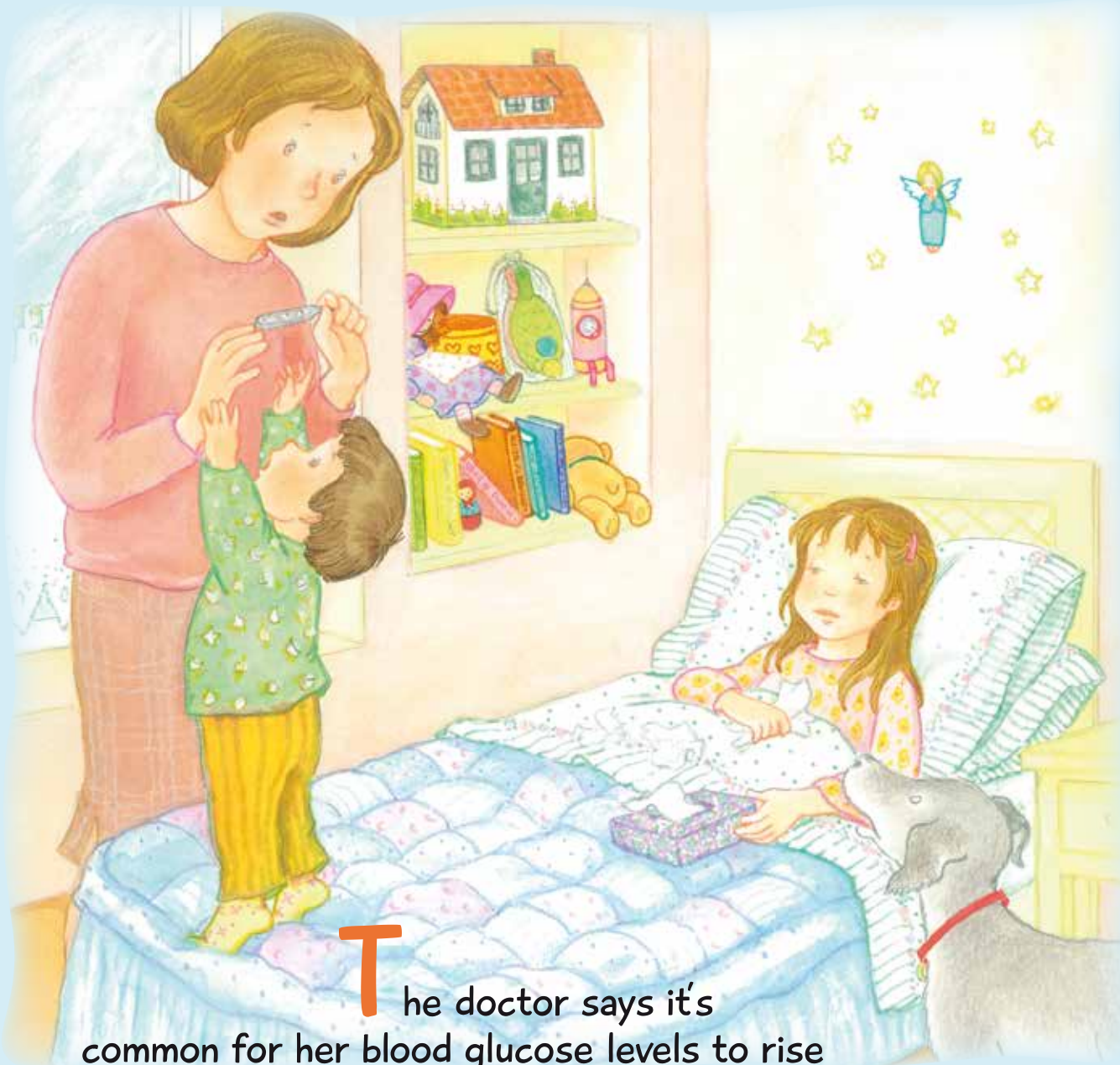


Cough Cough! Atchoo!

**A**malia keeps coughing and sneezing. She's been in bed three days and is anxious to get up and do things.

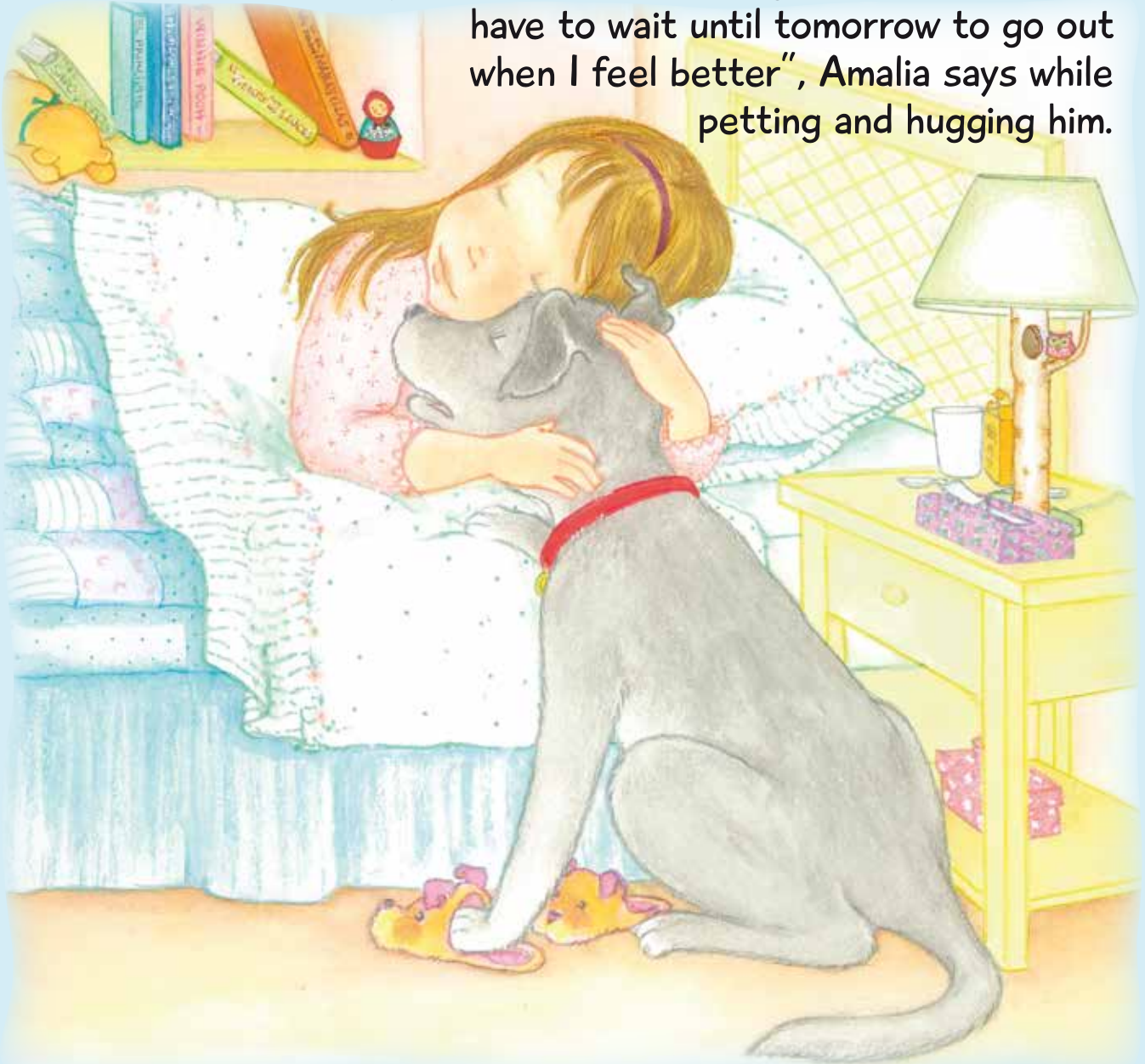






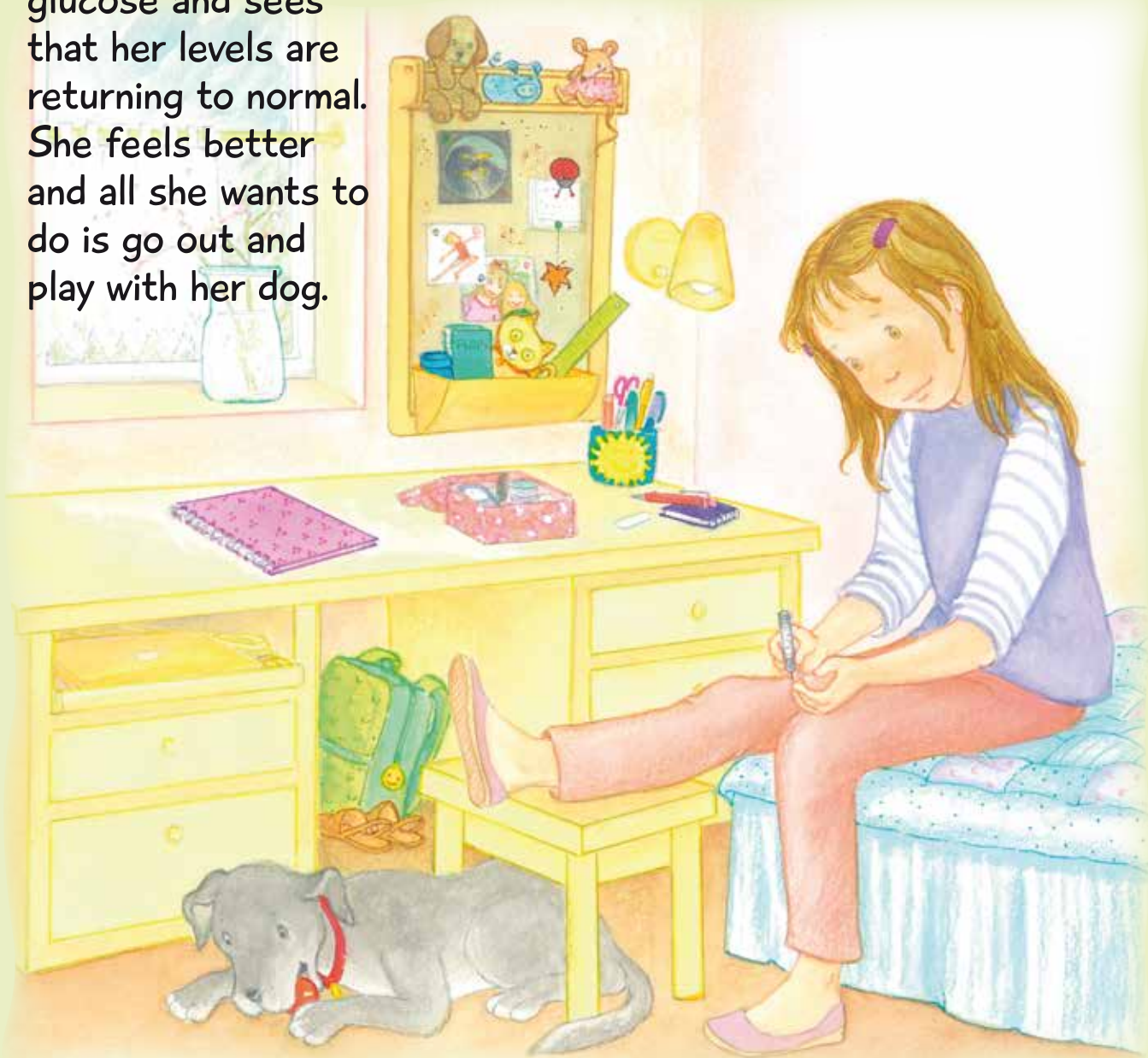
**T**he doctor says it's common for her blood glucose levels to rise during colds. That's why we increase our insulin dosages and test our blood glucose more often, explains Amalia's mother.

What's going on? Thinks Titan while he pulls on her sleeve to go outside. "You will have to wait until tomorrow to go out when I feel better", Amalia says while petting and hugging him.





The next morning, Amalia tests her blood glucose and sees that her levels are returning to normal. She feels better and all she wants to do is go out and play with her dog.







"Mama,  
can we go on our secret  
mission?" Her mother laughs,  
"that's fine, but play in the hallway."



**"**Let's go, Titan! We need to build our spaceship so we can collect stars." Amalia is busy dismantling and cutting boxes to construct their spacecraft.

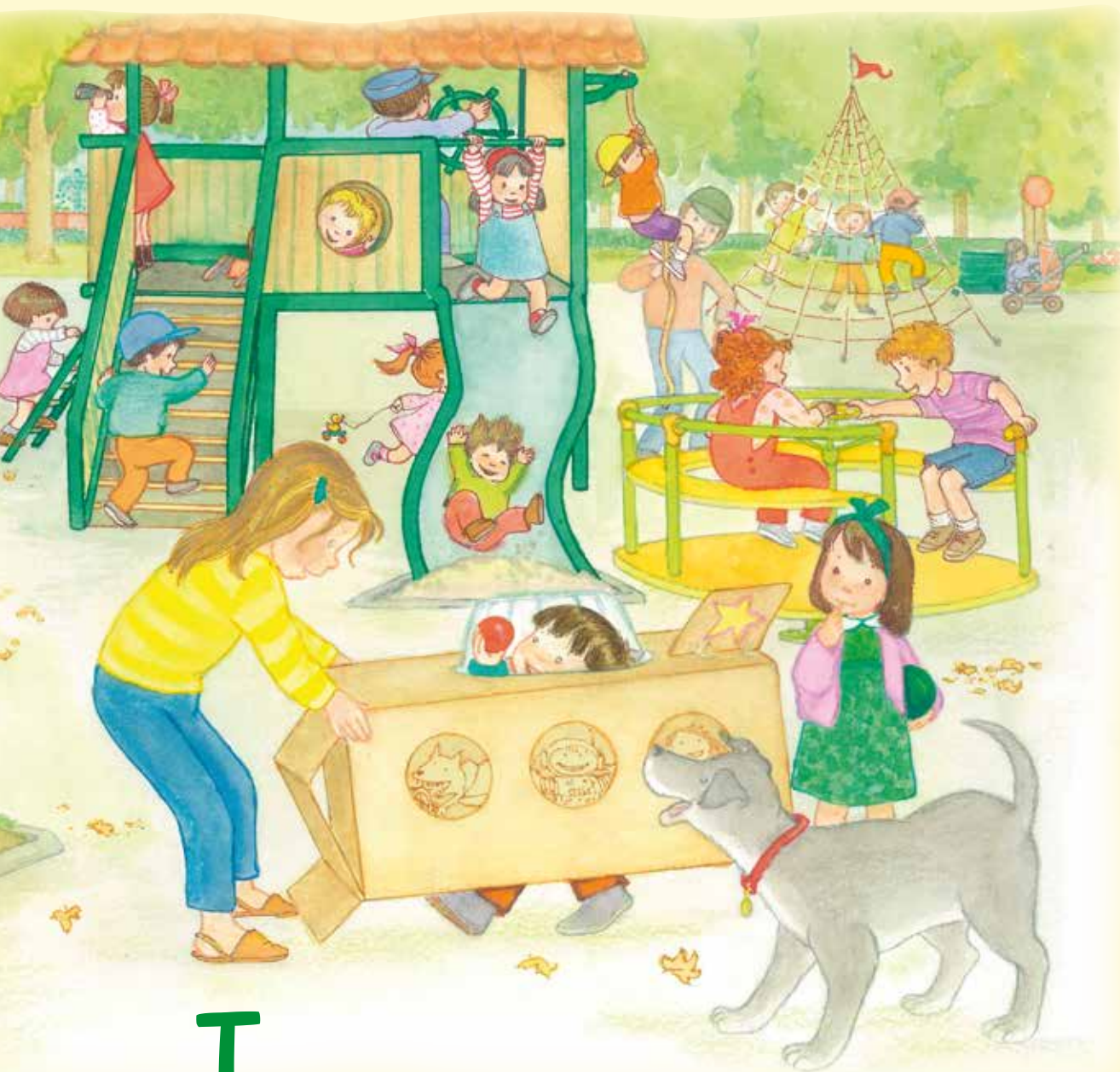
**A**fter a few hours, they are done!  
"Now, let's head home and tomorrow off  
we go to conquer the moon!"











**T**he next afternoon...  
Amalia is ready for her new adventure. They all head  
to the park near their house.





In the park, Amalia runs all around. She swings, climbs up the nets, and plays with a ball. She is so happy because she is over her cold.



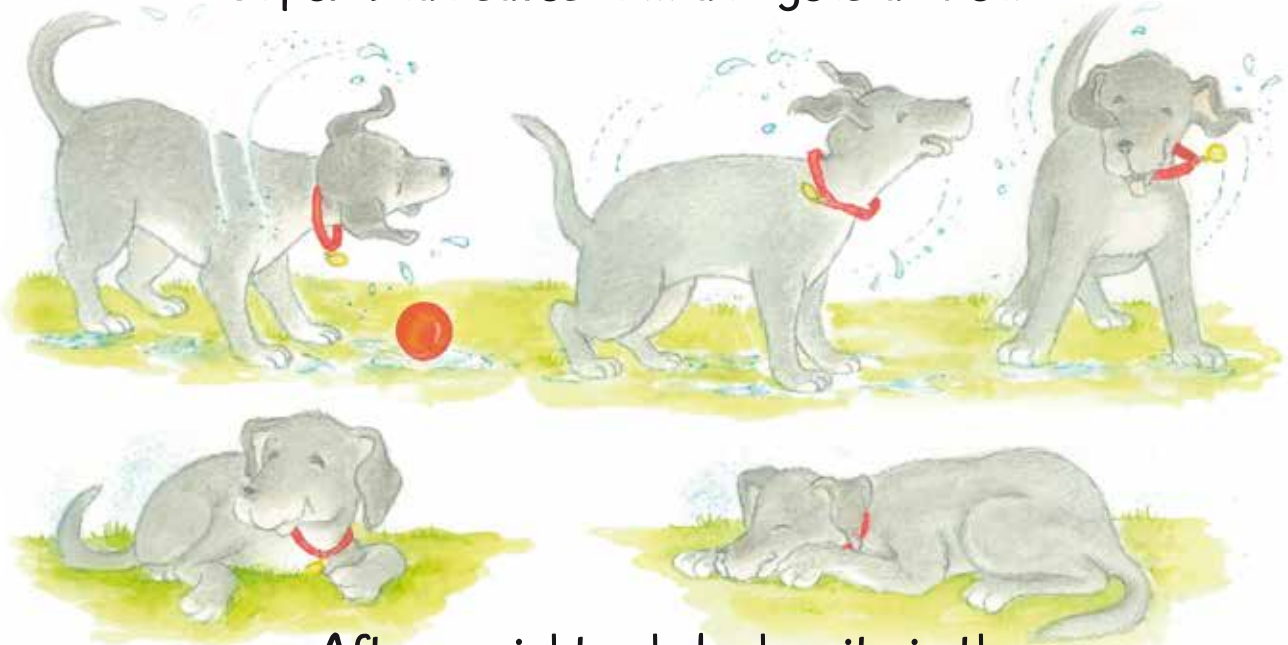
Francisco throws the ball...



...and it falls into the pool.

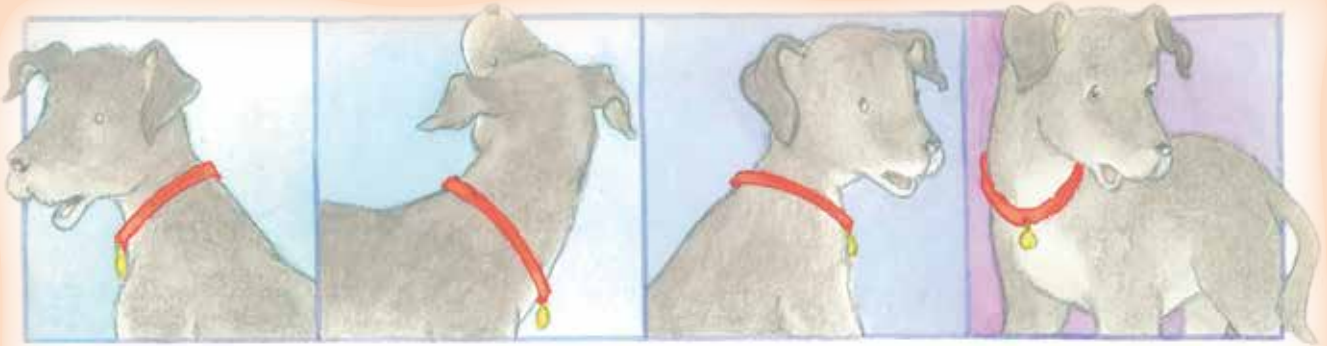


Super Titan saves it ... and gets all wet!



After a mighty shake he sits in the sun  
for a while to dry off.

"W here's our spaceship? I don't see it anywhere!"



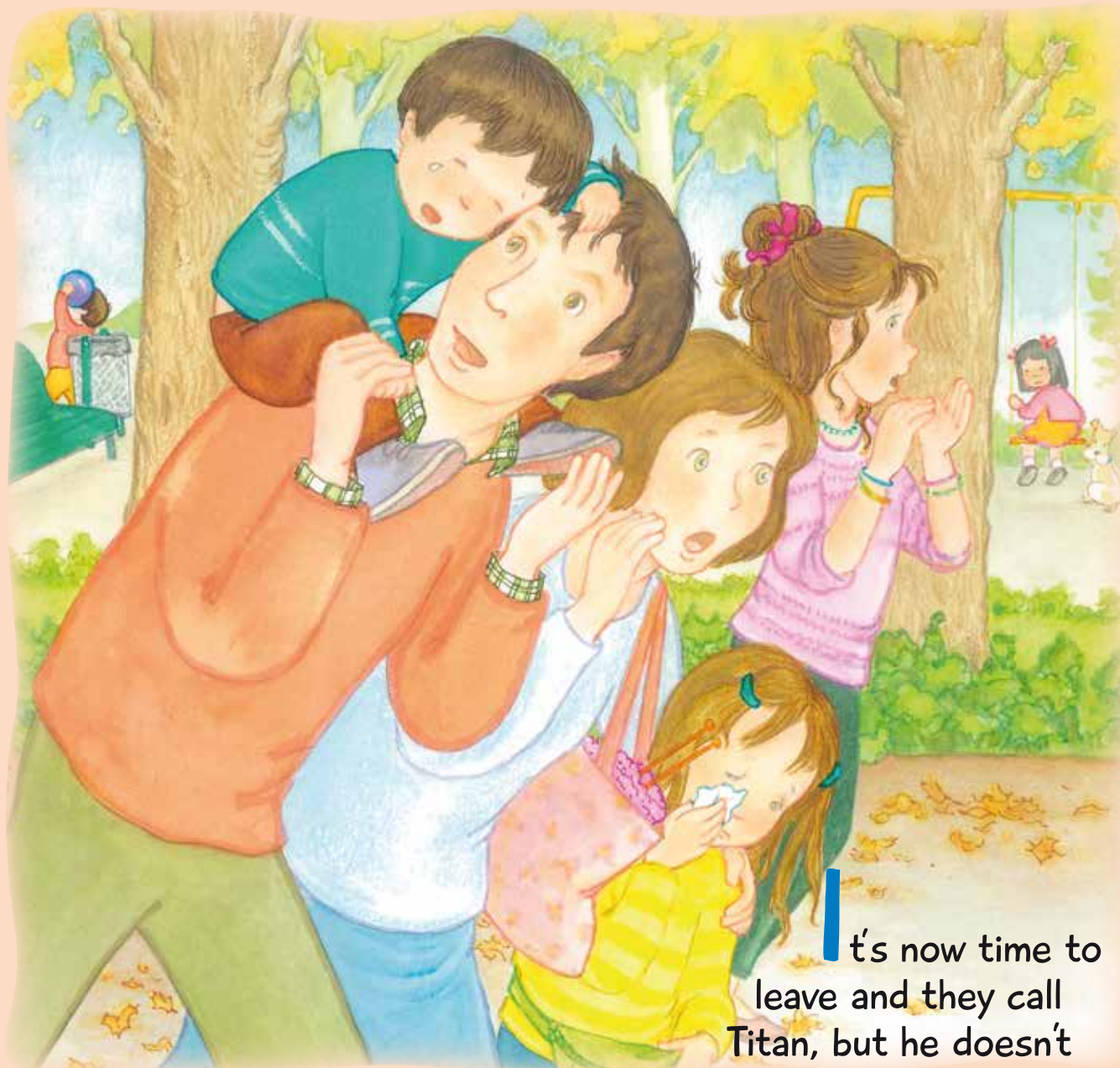
"Hey, does anybody know where it went?"

"No idea!"



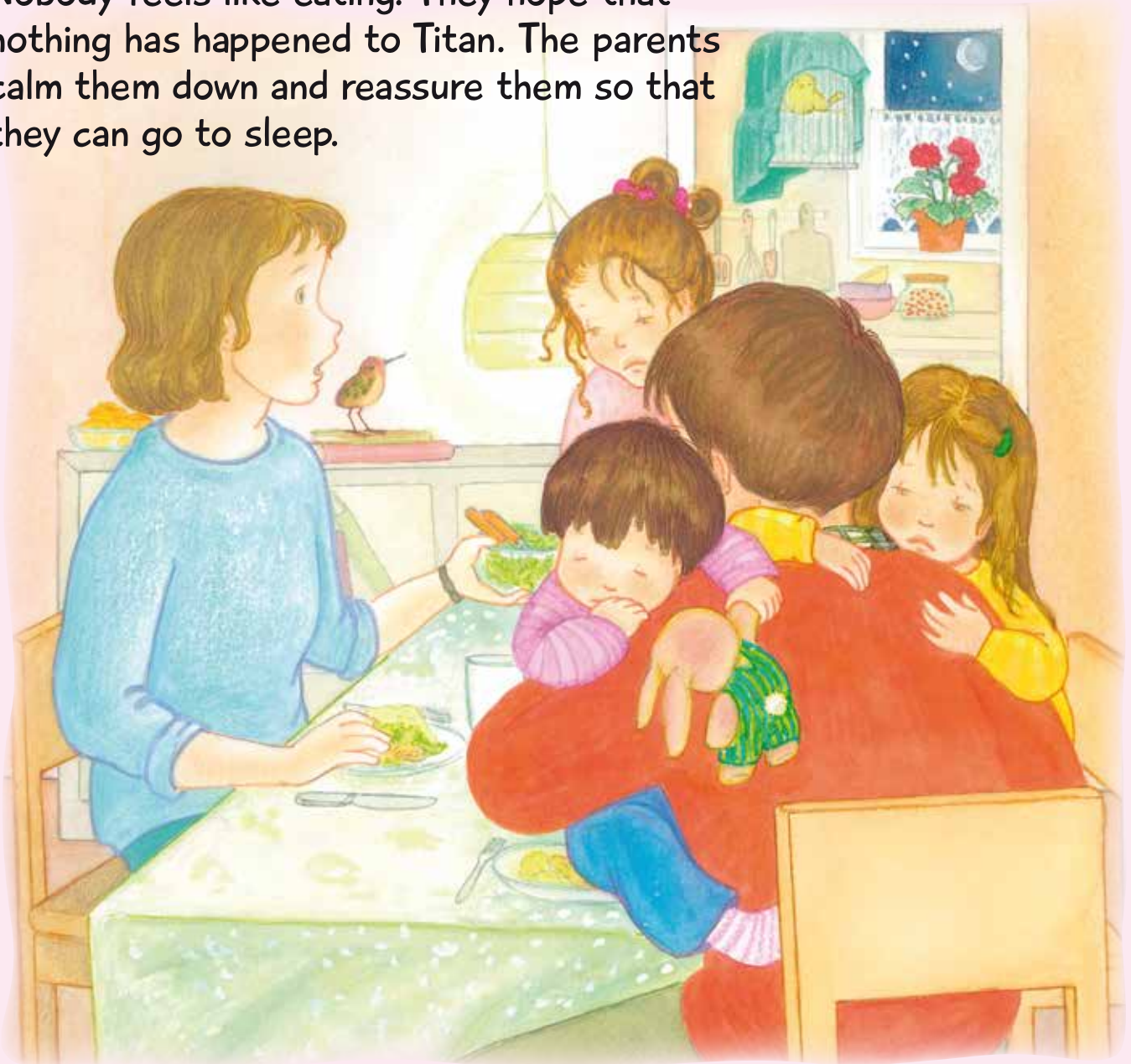
"I better go look for it before Amalia gets worried."





It's now time to leave and they call Titan, but he doesn't respond. Papa and Paula join them in helping to find him...but Titan doesn't show up.

**F**inally, both worried and sad they return home. Nobody feels like eating. They hope that nothing has happened to Titan. The parents calm them down and reassure them so that they can go to sleep.







**T**he next morning, Amalia calls and asks her friends George and Sofia to help them find Titan.

**G**eorge and Sofia give her a big hug and help her make a poster.

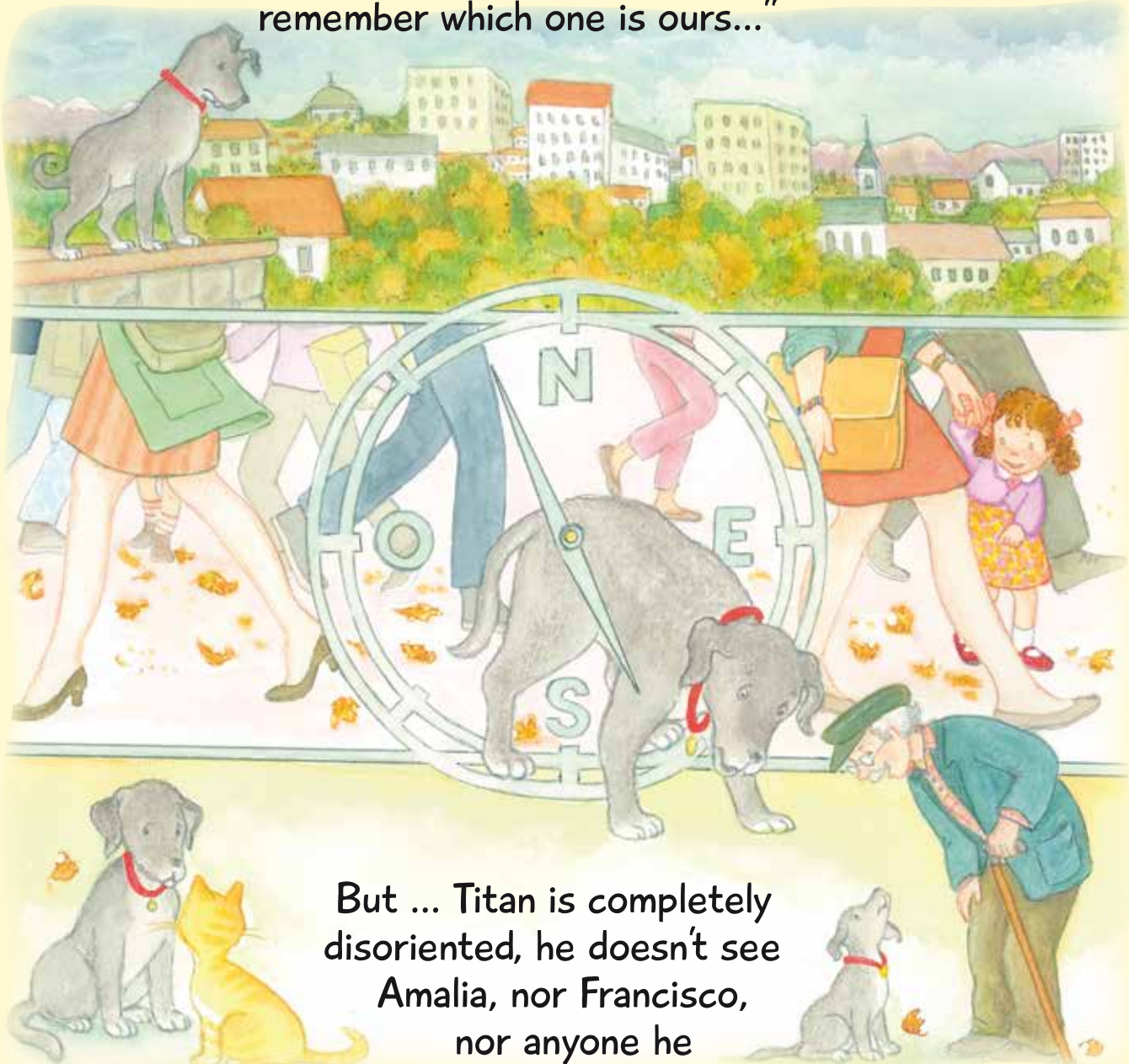






**L**ater, they go out with Paula and put up the posters all over the neighborhood in case someone has seen Titan.

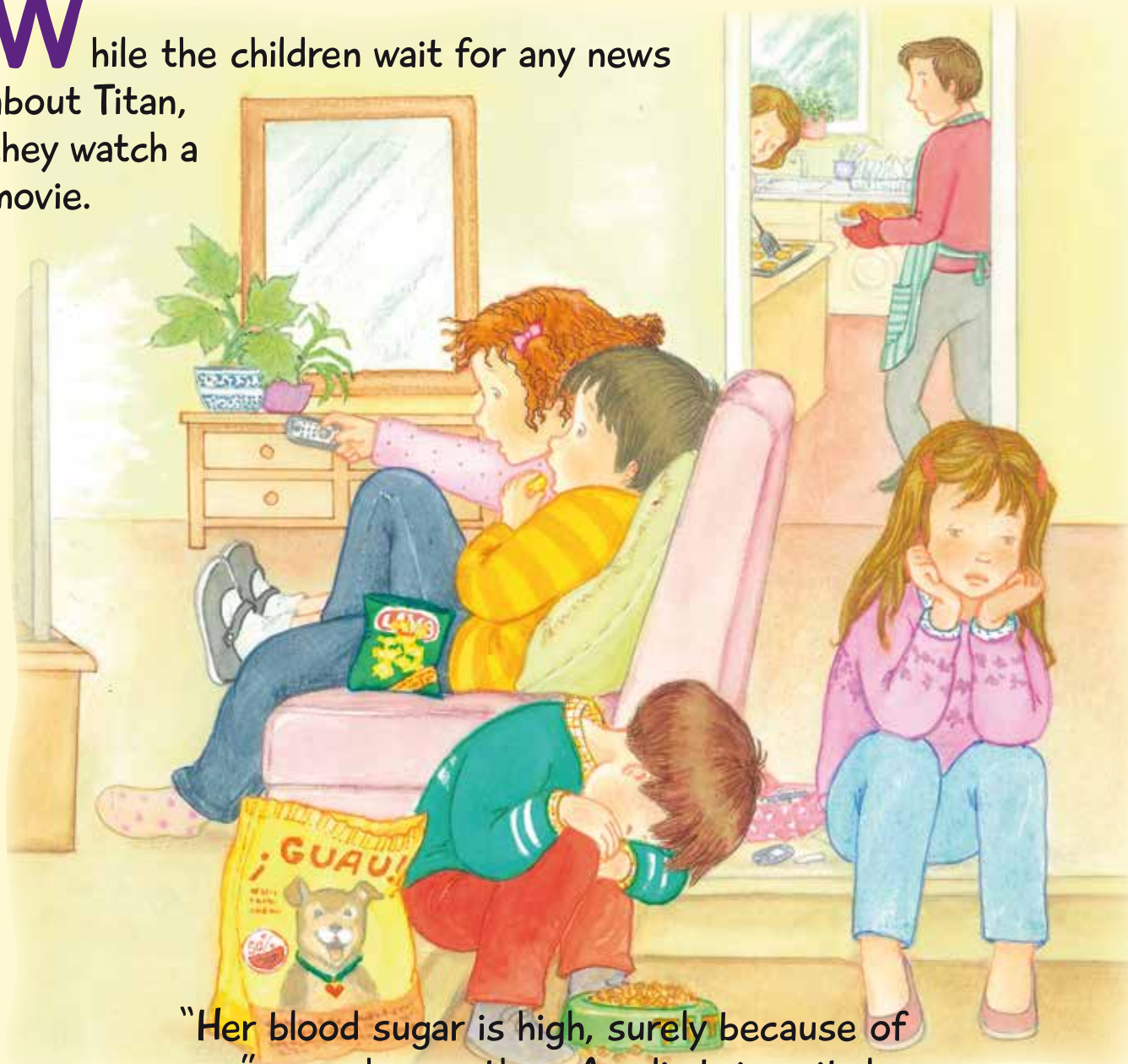
"I'm going to go by those houses, maybe I can remember which one is ours..."



But ... Titan is completely disoriented, he doesn't see Amalia, nor Francisco, nor anyone he knows.

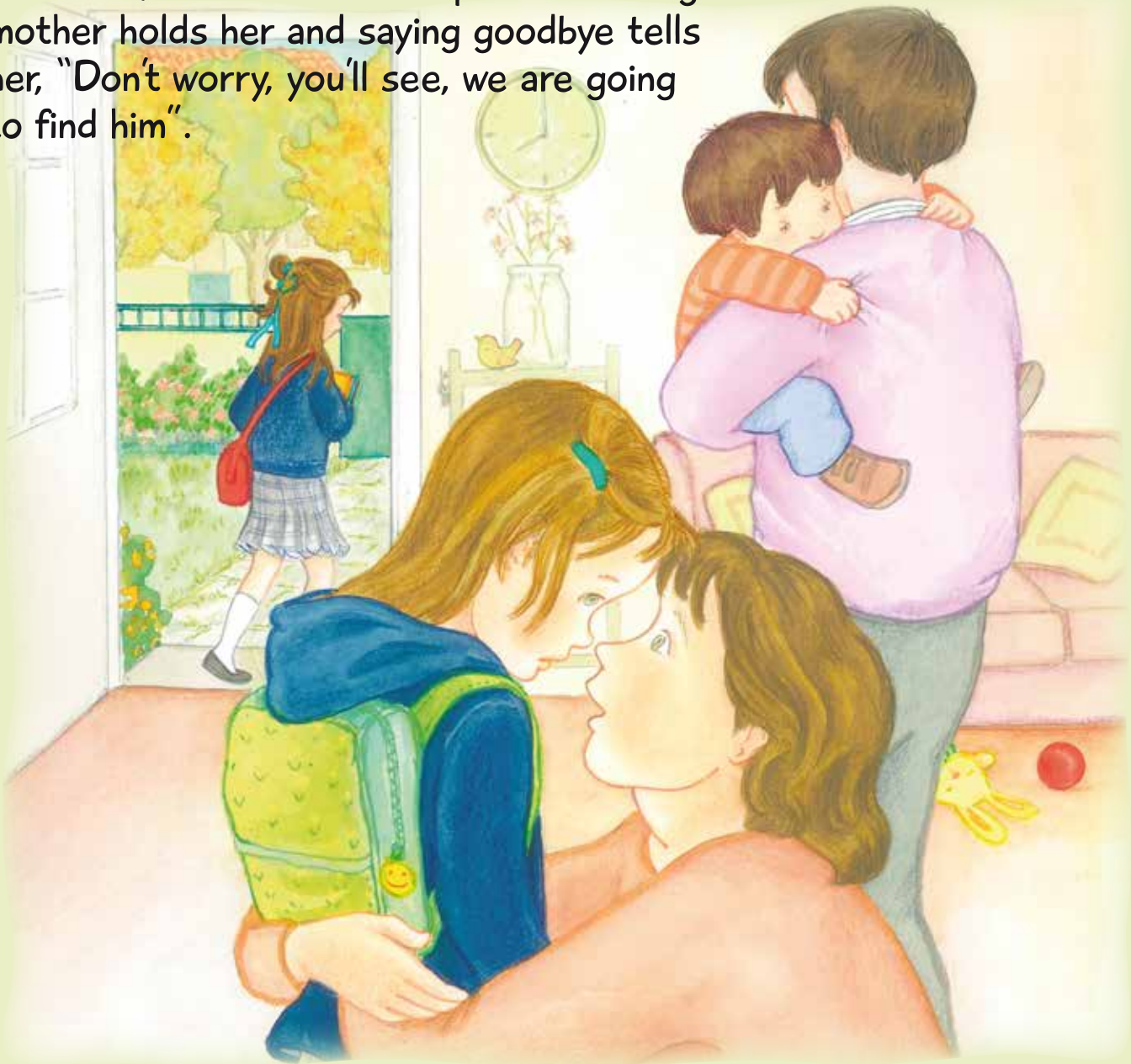


**W**hile the children wait for any news about Titan, they watch a movie.

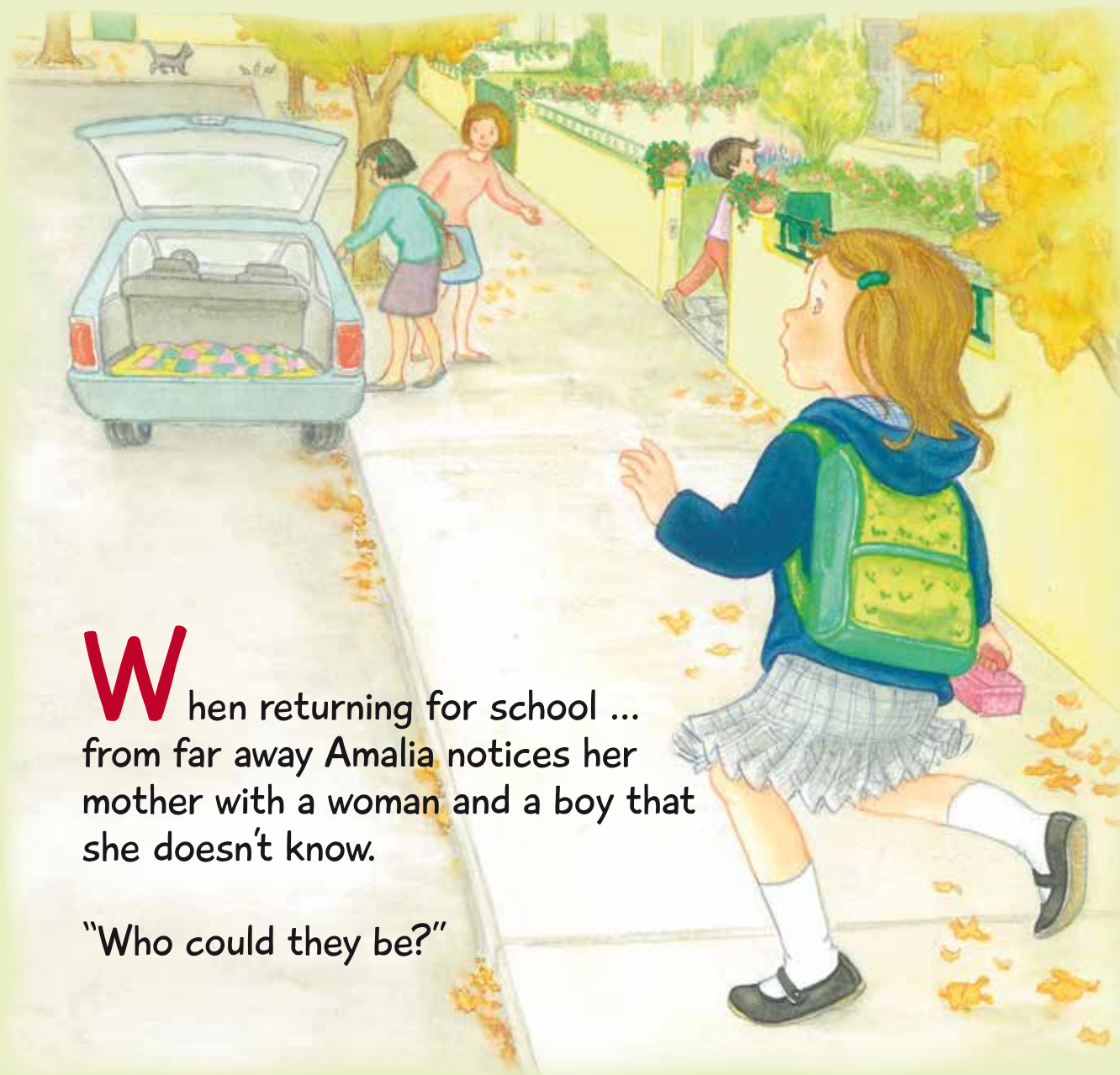


"Her blood sugar is high, surely because of worry", says her mother. Amalia brings it down by injecting a bit of insulin and afterwards rechecks her blood glucose.

**T**he following day... Amalia doesn't want to go to school, she wants to keep on searching. Her mother holds her and saying goodbye tells her, "Don't worry, you'll see, we are going to find him".

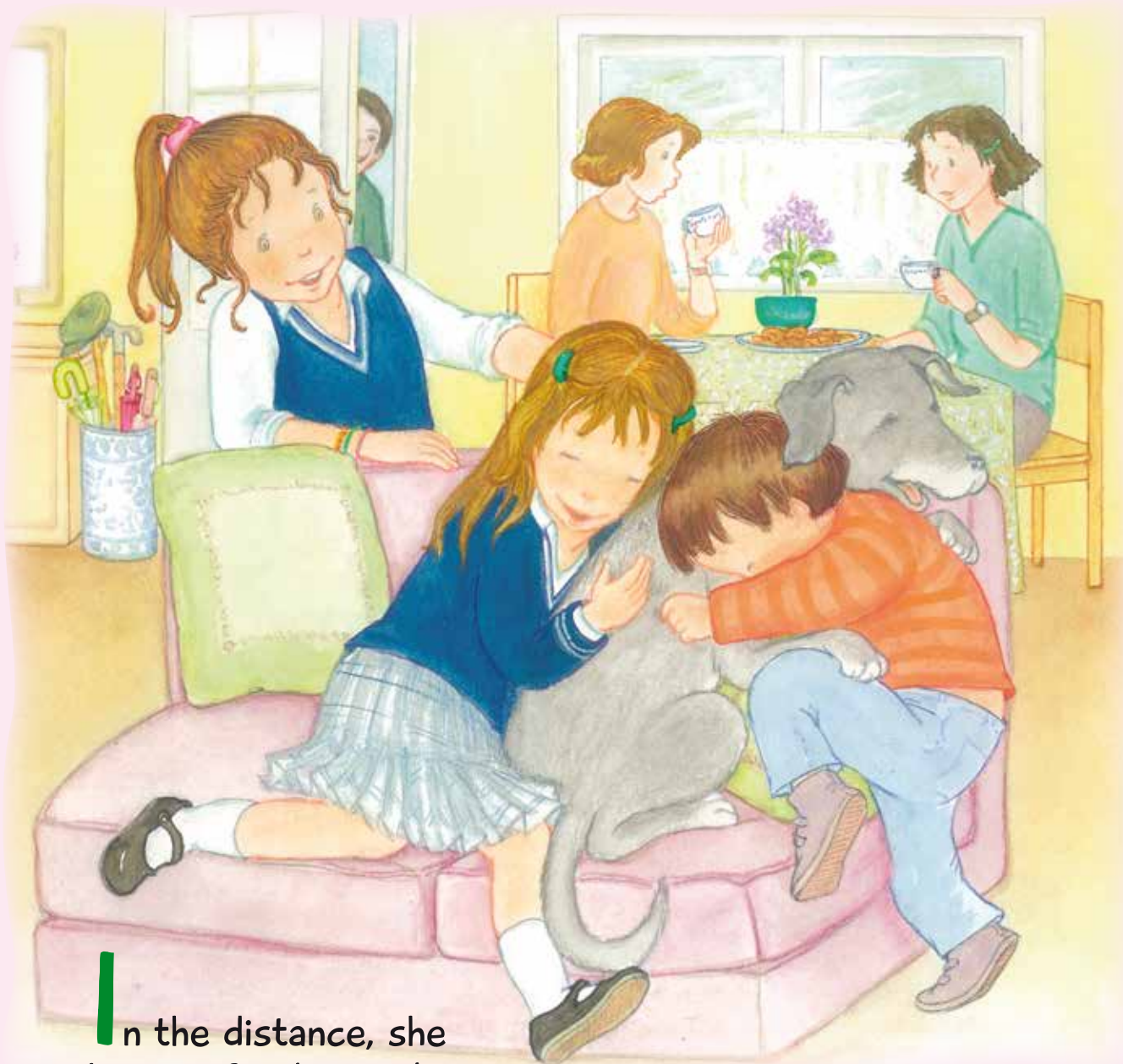






**W**hen returning for school ...  
from far away Amalia notices her  
mother with a woman and a boy that  
she doesn't know.

"Who could they be?"



In the distance, she  
hears a familiar bark ...  
Titan is back home! She throws herself on her friend  
and holds him tightly. Titan is extremely happy.



"Hi, I'm Sergio. Yesterday, I found Titan by our house. I could tell he was lost, so we let him spend the night with us".

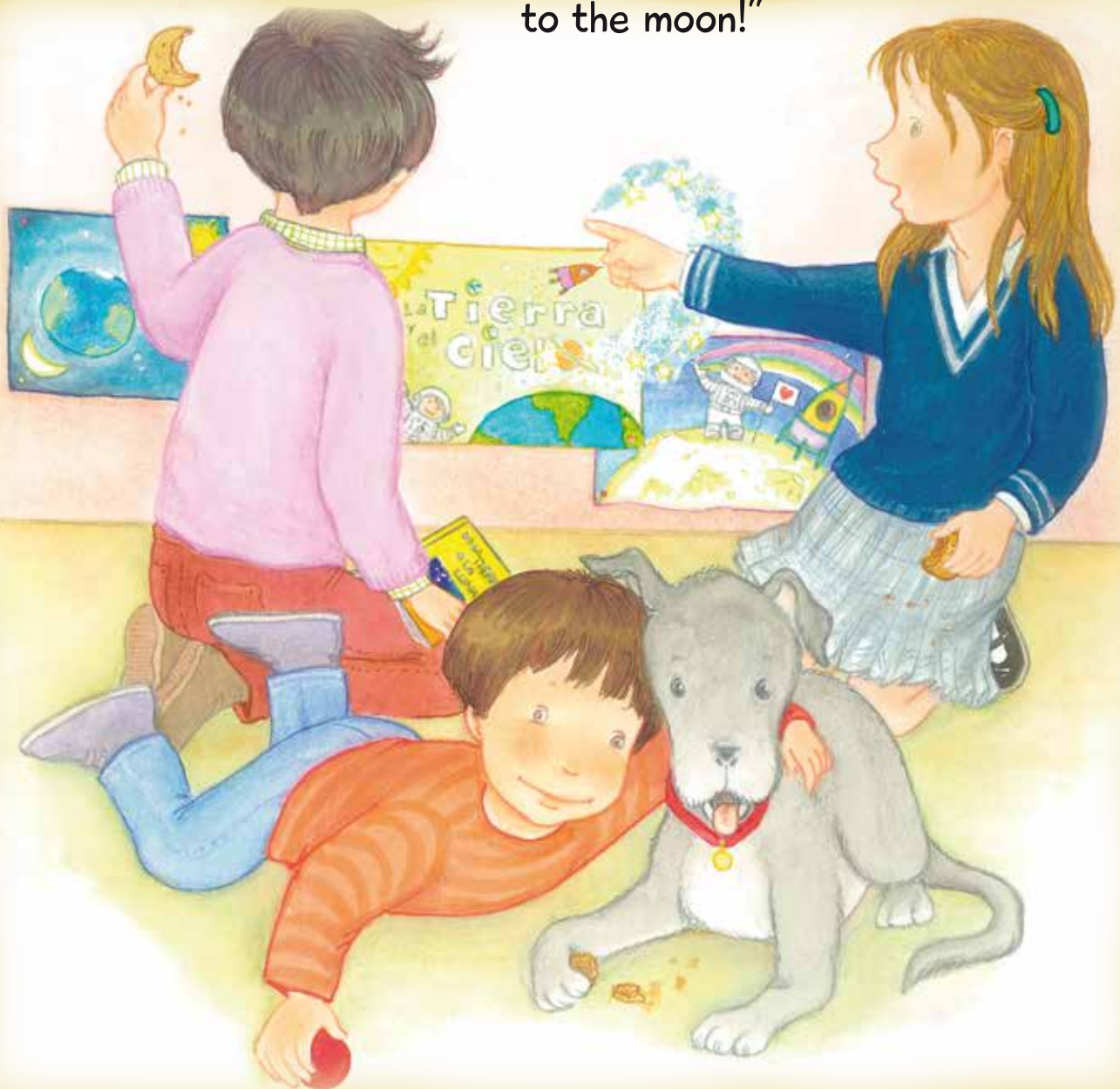




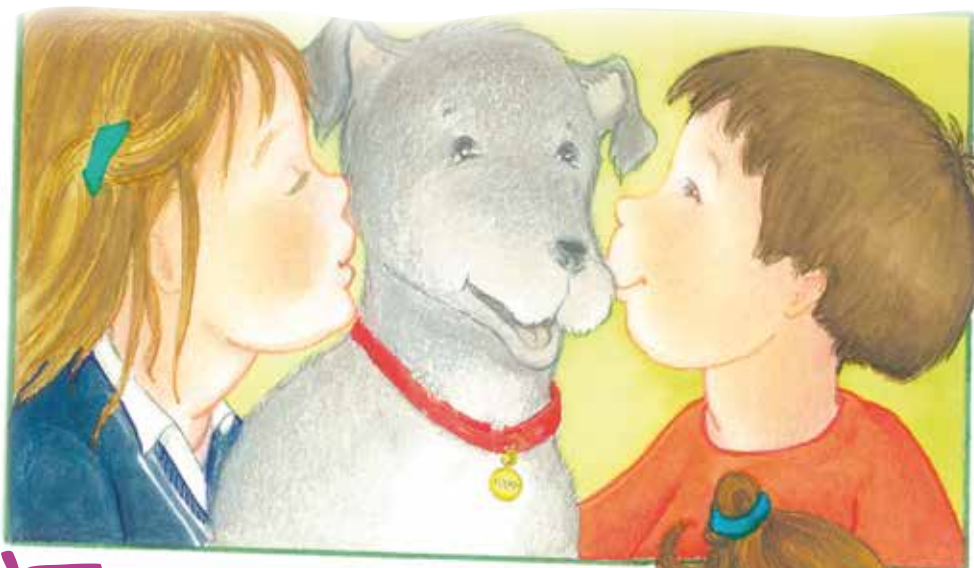


"Today, when we saw the posters, we realized it was him".

"Thank you, Sergio! Do you want to help us build our spaceship? We are going to the moon!"







"**T**his time I will pilot the space craft and make sure that we all go and nobody gets lost!"



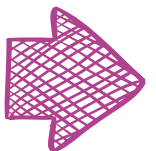




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"Some advice for parents"

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## Going to the Park.



If your child is going to play at the neighborhood park, it's important to remember the following things:

- They should always take their kit with the essential items: glucose meter, test strips, lancet device, and a snack (a fanny pack is good). This allows them to control their blood glucose which can fluctuate while playing.
- Before leaving home, it's a good idea to test their blood glucose.
- It's important to bring juice, a sugary drink, or glucose tablets to treat a low blood sugar. In addition, a more substantial snack without sugar, like a cereal bar or a piece of fruit. It's important to let your child have a good time and only interrupt their play if necessary.
- Children also perspire, especially during the summer, so it is important to carry water for hydration.

- If possible, they should carry identification that indicates their diabetes condition, name, and a contact number. Ideally, they should get a stamped bracelet or necklace. If this isn't possible, include a card or note in their kit with all the above information.

## Responsible Pet Ownership

- Make your cat or dog a member of the family. They are living beings that deserve all our respect and kindness.
- Create a place for them to rest that is protected from the cold, rain, and sun. Always make sure their area is clean and fresh water is available.
- Feed your pet daily, avoid homemade food and table scraps because they might negatively affect their health.
- Don't leave your pet alone for long periods of time. Dogs should be walked on their leash every day. Be reasonable and clean up their excrement regularly, place it in sealed bags, and throw it in the garbage.
- Remind your parents to take the pet to the veterinarian when necessary and make sure its vaccinations are current.
- Be sure that your pet has a collar with a tag with its identification in case it gets lost.



# Advice for supporting your children during emotional times

Trinidad López, psychologist



- When confronting the loss of a pet, children will understandably be worried and fearful, and it's important that adults allow them to express those emotions without criticism. Emotions should not be blocked, for example by saying, "stop crying" (this doesn't help them stop feeling sad). It's better to use reflective listening. This will help the children understand their feelings and the situations that give rise to them. For example, "I understand that you are sad and feel sorry that Titan is lost. We know you love him very much and you would like him to be here".
- Often children will feel that they are responsible or guilty when confronting such circumstances. The emotions can produce a great deal of anguish and likely cause children to cry a great deal. A child never loses a pet intentionally, even if they were distracted

and didn't place close attention to them. It is important that adults calm the children and help them understand that it is not their fault.

- Children feel better when they are able to participate in the solution to a problem that worries them. It's a good idea to encourage them to make posters like Amalia did to find Titan. Should a pet not return or die, it is very important not to lie and it is recommended to help the children create a way to say goodbye and express their care and grief for their pet.

- When experiencing a painful situation, like the loss of a pet, that creates strong emotions, some individuals often experience variations in the blood glucose levels. In these cases, it is important to test blood glucose levels more often.

- The family is central in providing an emotional model for a child. It allows them to go through difficult situations and express their feelings accompanied by loved ones. This makes it easier to go through trying moments.



