

Halloween Hints



Halloween, Candy And Type 1 Diabetes

(NAPSA)—For parents of a child with type 1 diabetes, Halloween can seem like a tricky holiday.

Fortunately, the holiday can be filled with tricks and treats with a little planning. Here's what parents of children with type 1 diabetes need to know: Candy can be dandy—as long as it's in moderation. Despite popular misconceptions, sugar is not completely off-limits for people living with type 1 diabetes. It is important to monitor the carbohydrate counts of candy and calculate them into your child's meal plan. For parents who are still uncertain about Halloween candy, remember:

- **Treats don't have to be sweets.** Stickers, small toys, books, rubber spiders and other gifts make great goodies for little ghouls.

- **Fun-size it.** The smaller version of the real thing can be a better option for kids with diabetes.

It's helpful to have carbohydrate counts on hand to allow for the appropriate planning so your child can indulge with a little less worrying. Check blood glucose levels often, especially if your child is participating in parties, parades or strenuous activities.

These tips come from a new website, www.family.com/type1, created by Disney Online in consultation with Lilly Diabetes. The site provides inspiration, information and practical advice to families with children who have type 1 diabetes. Articles, videos and advice from caregivers raising kids with type 1 diabetes highlight ways for families to establish a new routine and let kids be kids.



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Meet Coco, a charismatic and fun-loving monkey who has type 1 diabetes. Coco helps readers understand that with planning, families and children can still experience the fun and magic life has to offer.

The site will also include seasonal content such as alternative Halloween snacks, tips on trick-or-treating and participating in school parades.

Lilly Diabetes and Disney Publishing Worldwide also launched a collection of custom books for children of various ages focusing on many of the adventures of childhood with type 1 diabetes, such as returning to school after diagnosis, going to birthday parties and playing sports. One book is part of the Mickey Mouse series, and features Coco—a charismatic and fun-loving monkey who has type 1 diabetes. Coco helps readers understand that with planning, families and children can still experience the fun and magic life has to offer.