

I'm Molly. I'm just like you. I have diabetes too.....

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Molly's Good Idea!

Talk with your diabetes educator about keeping your blood sugar levels under control!


If I go back for extra food, I usually need more insulin!



I'm Molly. I'm just like you.

I have diabetes too...

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A photograph of a grey and white monkey on the left and a black and white dog on the right, both looking towards each other. The monkey has a white patch on its chest and a white patch on its face. The dog has a white patch on its chest and a white patch on its face.

Here I am exercising
at the beach with my
new friend!



**A
Good
Idea!**

Talk to
your diabetes
educator about
taking good care
of yourself!

I'm Molly. I'm just like you. I have diabetes too...

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A Good Idea!

Plan ahead to eat enough food for the amount of insulin you take!

Armadillo wants pickles!




I'm Molly. I'm just like you. I have diabetes too...



A Good Idea!

Take good care of yourself and you'll have lots of time left over for fun!

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Who will help clean up the mess?!

I'm Molly. I'm just like you. I have diabetes too.....

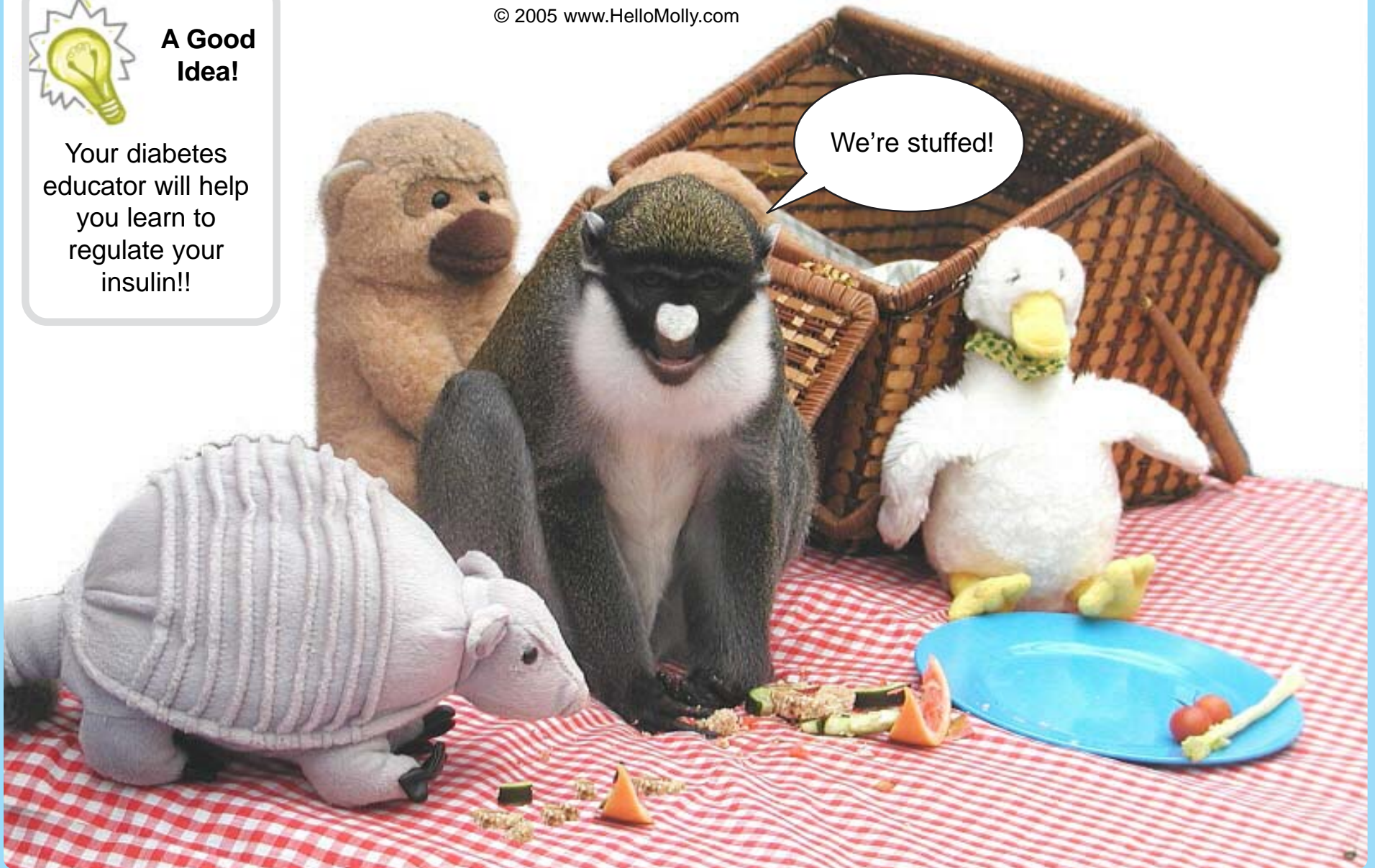
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A Good Idea!

Your diabetes educator will help you learn to regulate your insulin!!

We're stuffed!



I'm Molly. I'm just like you. I have diabetes too...

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Molly's Good Idea!

You can have fun
and still take good
care of your diabetes!



Who ate all the
whole grain
sandwiches!

I'm Molly. I'm just like you. I have diabetes too.....

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A Good Idea!

You can have fun and still take good care of your diabetes!



Never take an armadillo on a picnic!

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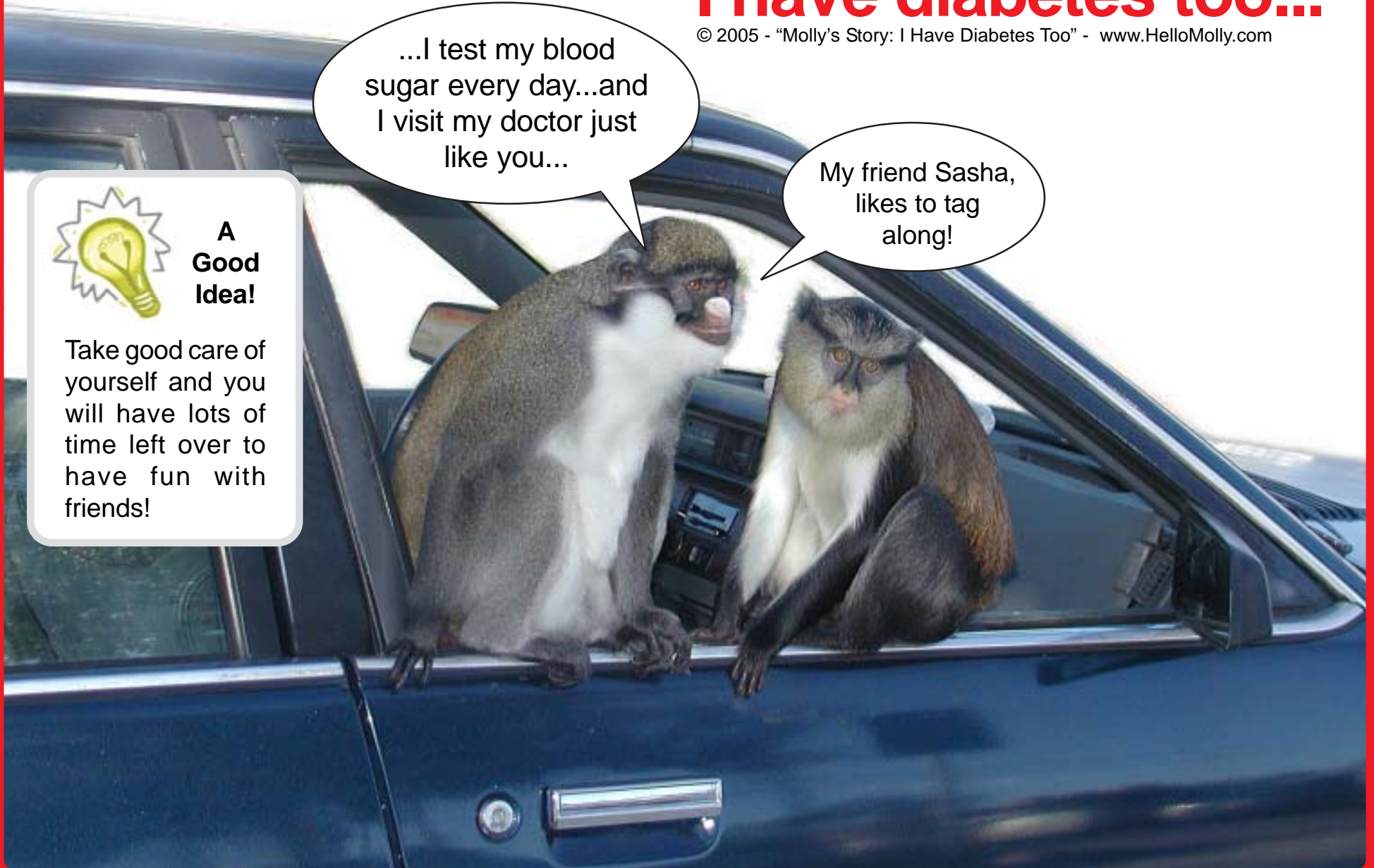
...I test my blood
sugar every day...and
I visit my doctor just
like you...

My friend Sasha,
likes to tag
along!



A Good Idea!

Take good care of
yourself and you
will have lots of
time left over to
have fun with
friends!



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I have diabetes too...

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A Good Idea!

Take good care of yourself! Go to a park or sports field for lots of exercise fun!

Hey Sasha, there's a ball game at the park!





A Good Idea!

Take care of your diabetes first, then have a great day!

Here I am, getting help with my shot!

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I have diabetes too...**

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Duck gets the first shot. I'm next!



A Good Idea!

Make a list of all the people you have to help you with your diabetes!!

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A Good Idea!

Always ask for help when you need it, especially with your diabetes care!

Mom, we need more whole grain snacks!



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Molly's Good Idea!

It's good to check your blood sugar when you add more exercise!

First we play sports, then we have a nutritious snack!





A Good Idea!

Remember
that diabetes
is treatable and
that's good news!

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I need insulin to
help my body use
sugar! So does my
friend Duck!

I'm Molly. I'm just like you. I have diabetes too...



Molly's Good Idea!

Your diabetes educator will show you how to use a glucometer to take your blood sugar every day!

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First we'll have a snack,
then we'll go play ball.



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Molly's Good Idea!

Talk to your diabetes educator whenever you have a question about your insulin or your food!

Amadillo wants more sandwiches!



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A Good Idea!

Take good care of yourself! Your diabetes educator will teach you how!



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A Good Idea!

Your diabetes educator will teach you how to take excellent care of yourself!

First I'll get my insulin, then I'll go out and play!



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A Good Idea!

Have one of your favorite friends help you take a shot!

Sometimes armadillo gets the first shot!



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I have diabetes too.....

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A Good Idea!

You can stay healthy!
Just talk with your
diabetes educator about keeping
your blood sugar levels under
control!

