

Stay Strong!



...A lesson in type 2 diabetes and healthy choices

ABOUT THE BOOK:

The intent of this children's story is to *introduce* the topic of diabetes and new words related to the issue from an early age (preschool). Type 2 diabetes is on the rise in children, especially Aboriginal children. The story touches on five main points:

- The body is special and deserves respect.
- Type 2 diabetes-the body cannot do the work to get the energy from the foods we eat. The words *energy*, *stomach*, and *diabetes* are used in explaining this concept. Type 2 diabetes can be prevented, or delayed.
- Eating well-balanced meals from the four food groups, active living, managing stress, and avoiding drugs, alcohol, smoking and other less healthy choices will help reduce the risk of developing type 2 diabetes and other illnesses.
- Healthy lifestyles involve teamwork including the child, the family, and the world surrounding them.
- There are sections of this book, which use the Cree words for Grandma (Kokum) and Grandpa (Mooshum). Learning about other cultures is also part of a healthy lifestyle.

Have fun with this book! Get the children involved by having them pat their bellies (to show where the stomach is found), name some healthy foods, even do a little activity to get them moving! It is my intention that the information will be proactively used to assist our children to be as strong and healthy as possible.

ABOUT THE AUTHOR:

Teri Lavik is a Registered Nurse who has worked with Aboriginal people for over 10 years. She has seen firsthand the need for educational material geared to young children and youth. Teri has started a publication company, "Kids' Health First Publications", due to a desire to write more children's books and resource materials.

If you would like a copy of Stay Strong, or any updates on Teri's future books and resource materials, you can contact **Kids' Health First Publications** at kidshealthfirst@sasktel.net. Cost: \$20.00 (includes shipping and handling). If orders of 10 or more are made, arrangements can be made for a discount.

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