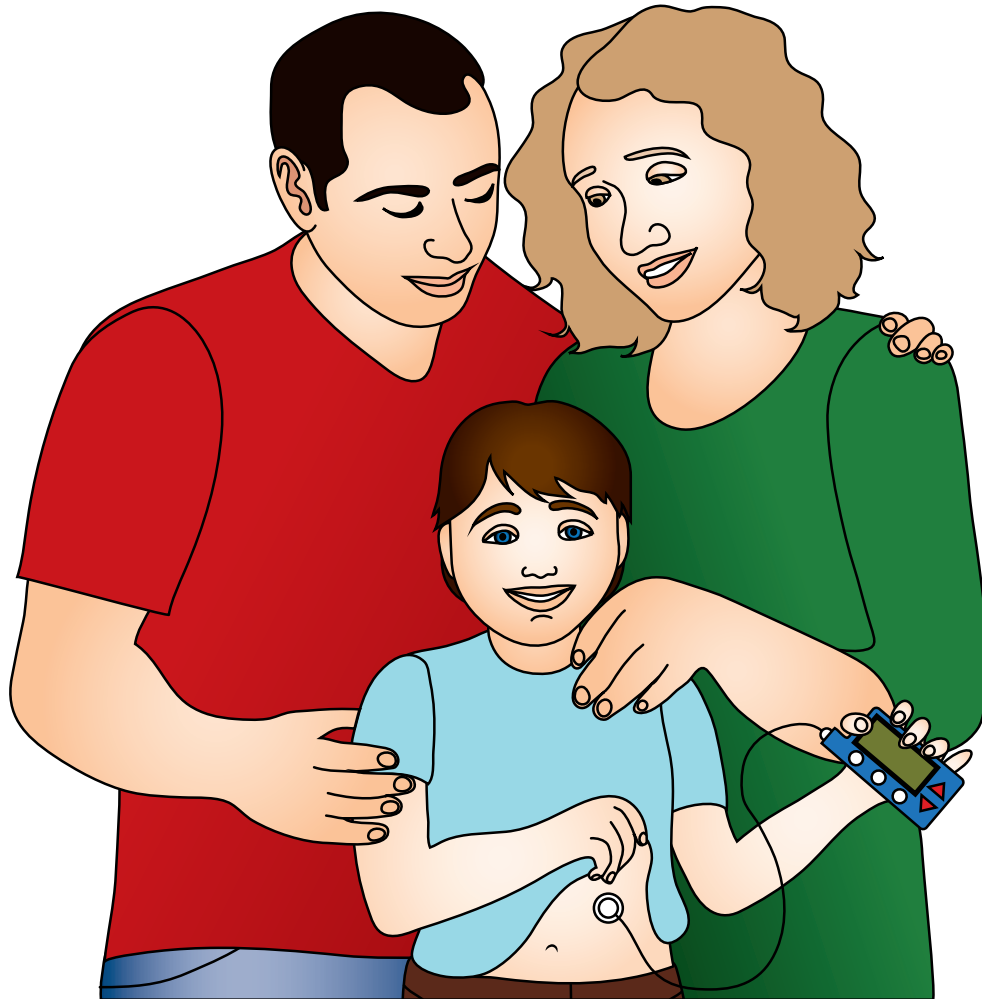
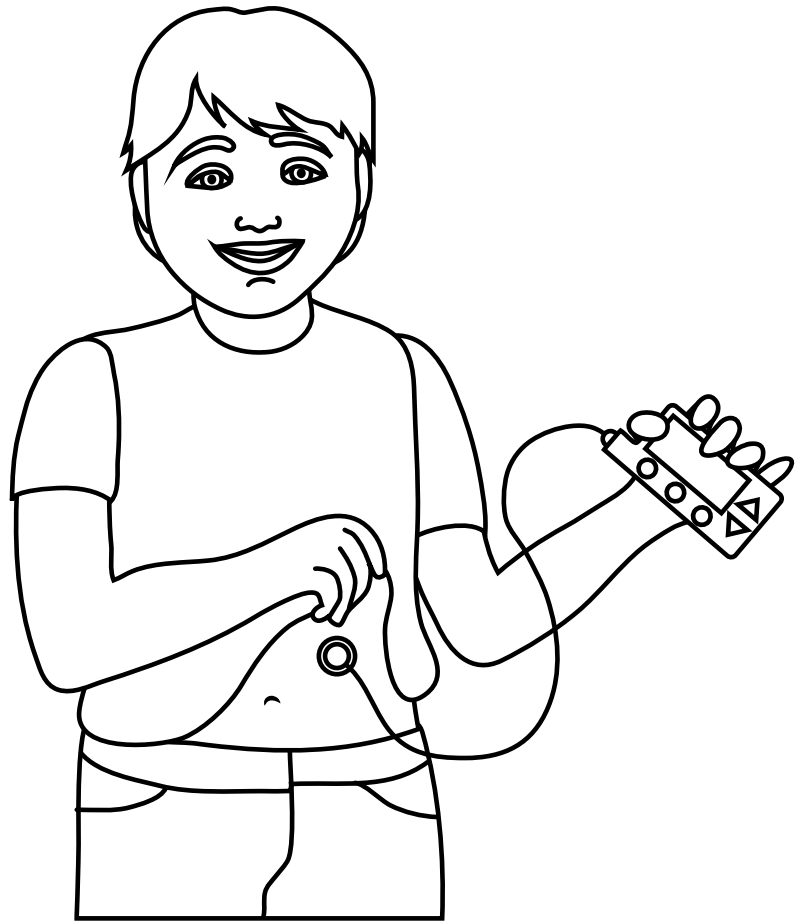


How I Help Mommy And Daddy...

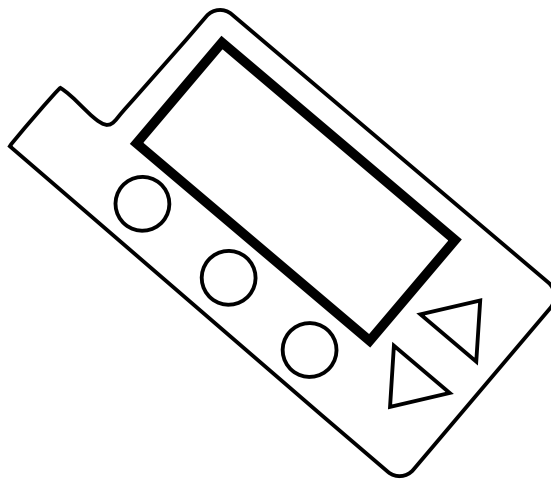


...When They Need
To Change My Pump
Catheter

Hi, my name is Jonathan and I wear an insulin pump. My insulin pump is attached to me almost all the time. I need it to give me insulin when I eat, and even when I don't eat.

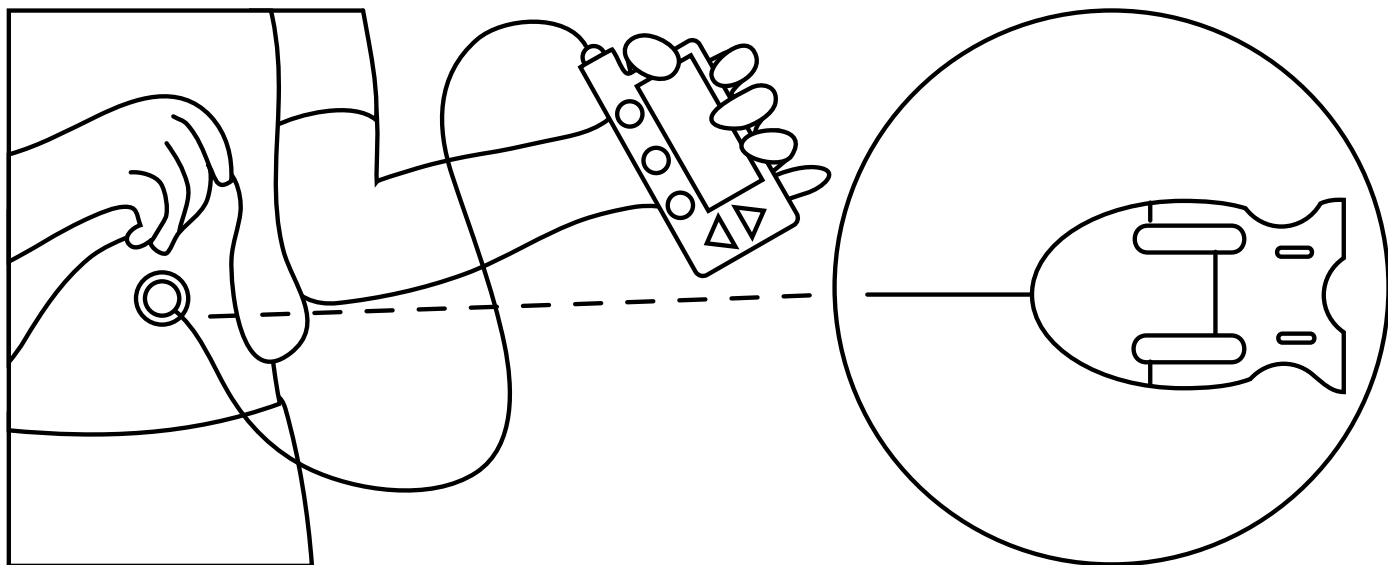


My pump is my friend. With my pump I don't have to eat at the same time every day, and I don't have to eat when I'm not really hungry.

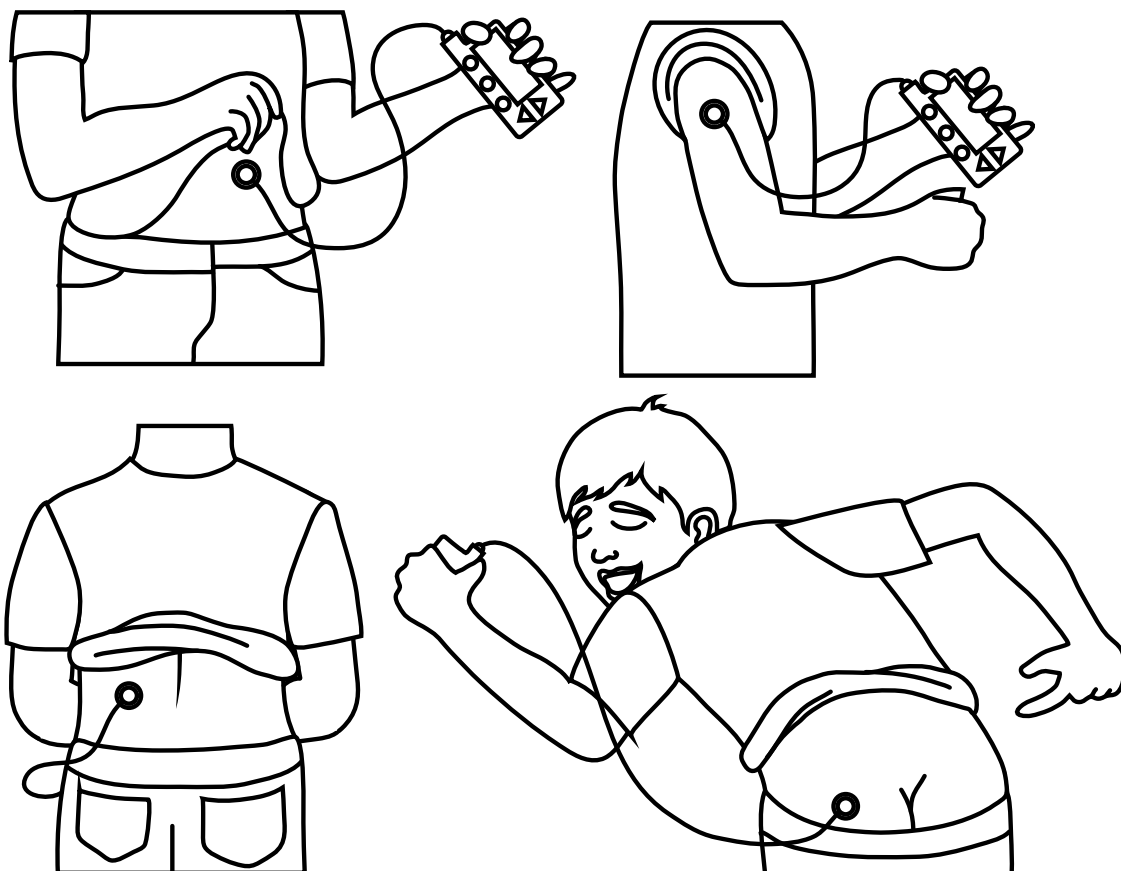


Best of all, I don't have to take needles every day any more!

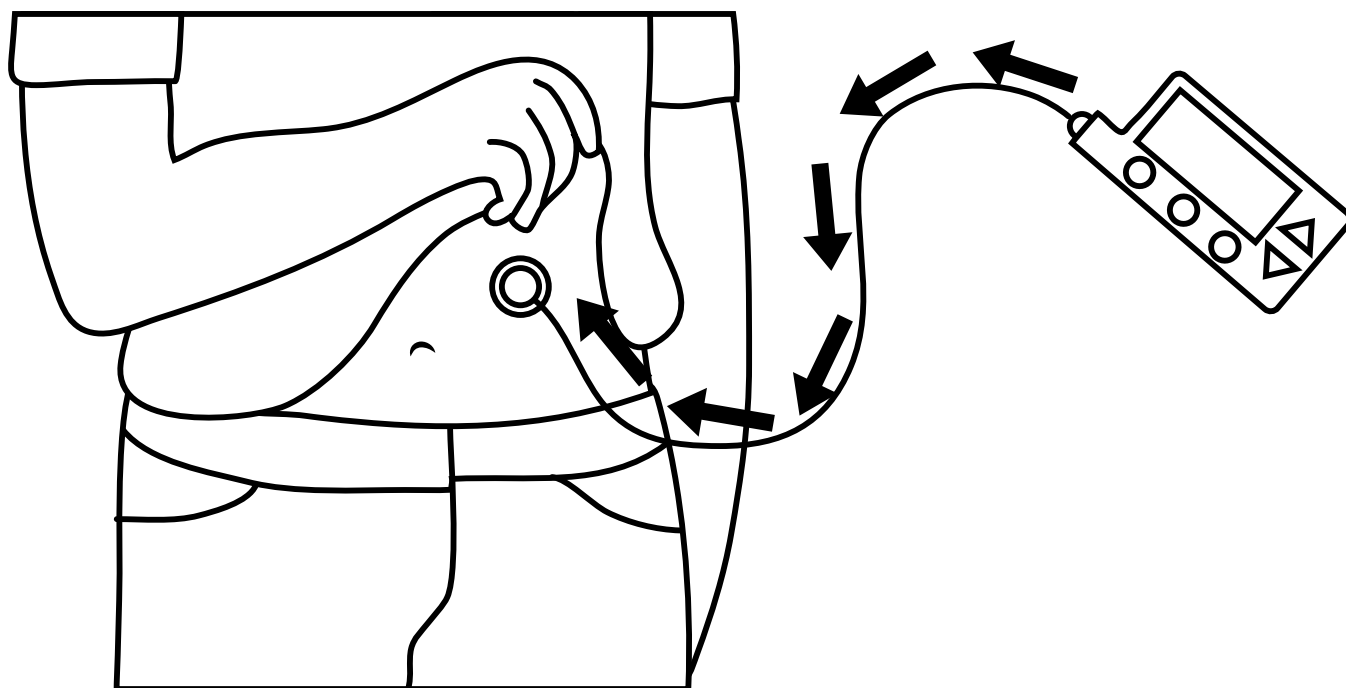
**BUT - even with my pump, I do have one
needle to change every 2 or 3 days. It's
called a "catheter".**



**The catheter can be put in my tummy,
my arm, my back, or even my bum!**

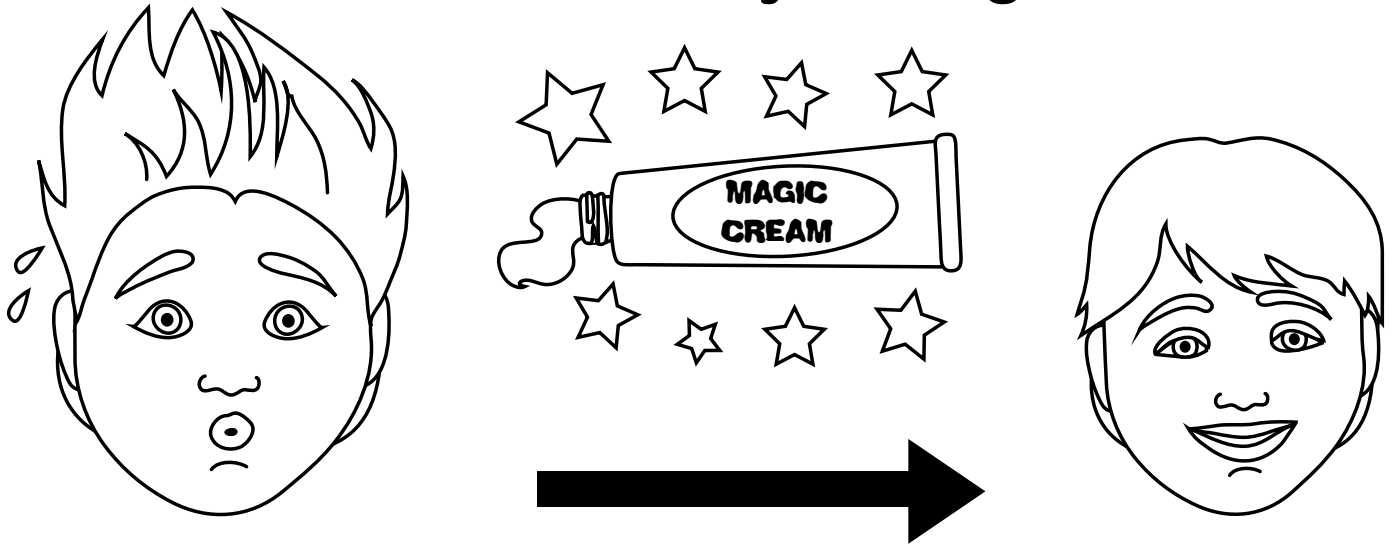


It has a needle that slides a little tube under my skin. Once it goes in, the needle is pulled out and thrown away. Bye-bye bo-bo! Only the little tube stays, and it's soft like spaghetti. The insulin comes out of the pump, down a long skinny hose, through the catheter, into me!



I can unclick my pump and take it off, but only for a little while. I need to have my insulin all the time.

The first time I had to have the catheter needle put in I was scared! But my mommy and daddy told me about the **MAGIC CREAM**! If I put the magic cream on first, I don't feel the needle go in at all! It really **IS** magic!



Putting in a new catheter doesn't take long but I need to help mommy and daddy so they can do it right. If I move around too much, my mom or dad can't put the catheter in properly. They say, "Too much piggly-wiggly!" So I try to be very still.



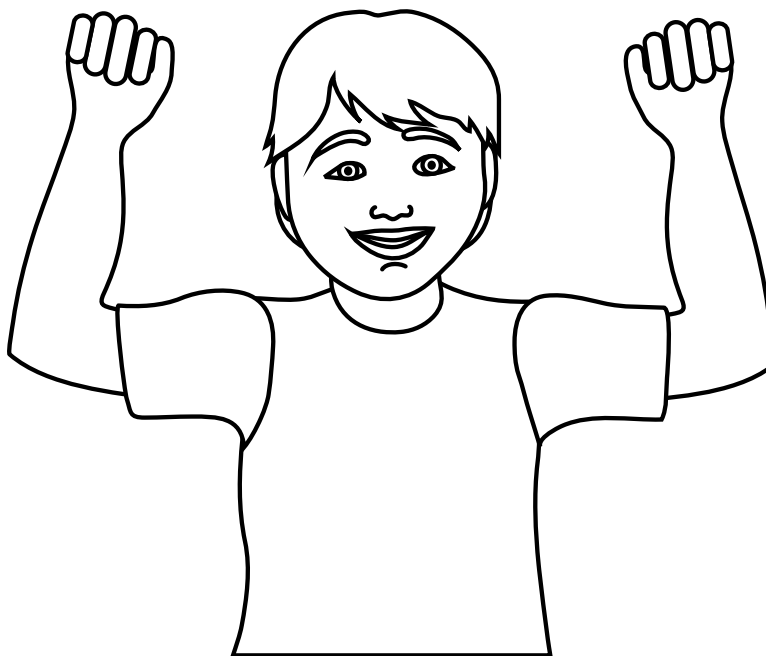
Sometimes I lie on my tummy or back. Sometimes I sit on my daddy's lap. When I sit on daddy's lap, he makes me squeeze his hand really hard when mommy puts the catheter in!



My friend Sylvie has a pump, too. She likes to listen to her favorite songs when her mom puts the catheter in. I like to watch cartoons on TV or play a video game. When I'm ready, I say "1-2-3-GO!" and then it's all done!



When I'm big I will be able to put my catheter in all by myself. I might not even need the magic cream anymore!



How will you help your mommy and daddy when it's your turn to start your pump?



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