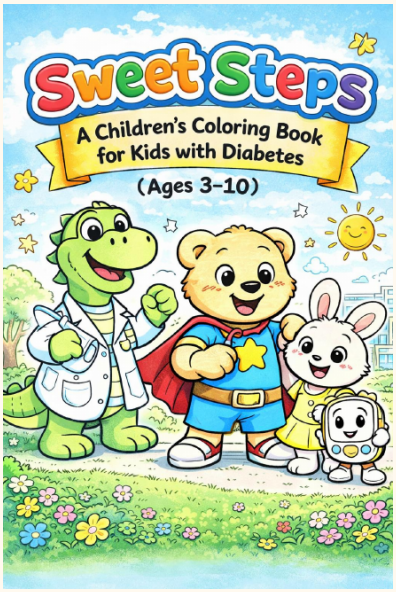
SWEET STEPS KIDS

# Color. Talk.
# Take one sweet step.

A diabetes-themed coloring sample for ages 3-10
and the grown-ups beside them.

## A small moment together

1. Let your child choose a page and colors.
2. Make room for questions and feelings.
3. Celebrate effort, curiosity, and connection.




## Inside this sample

All feelings are okay

You are brave every day

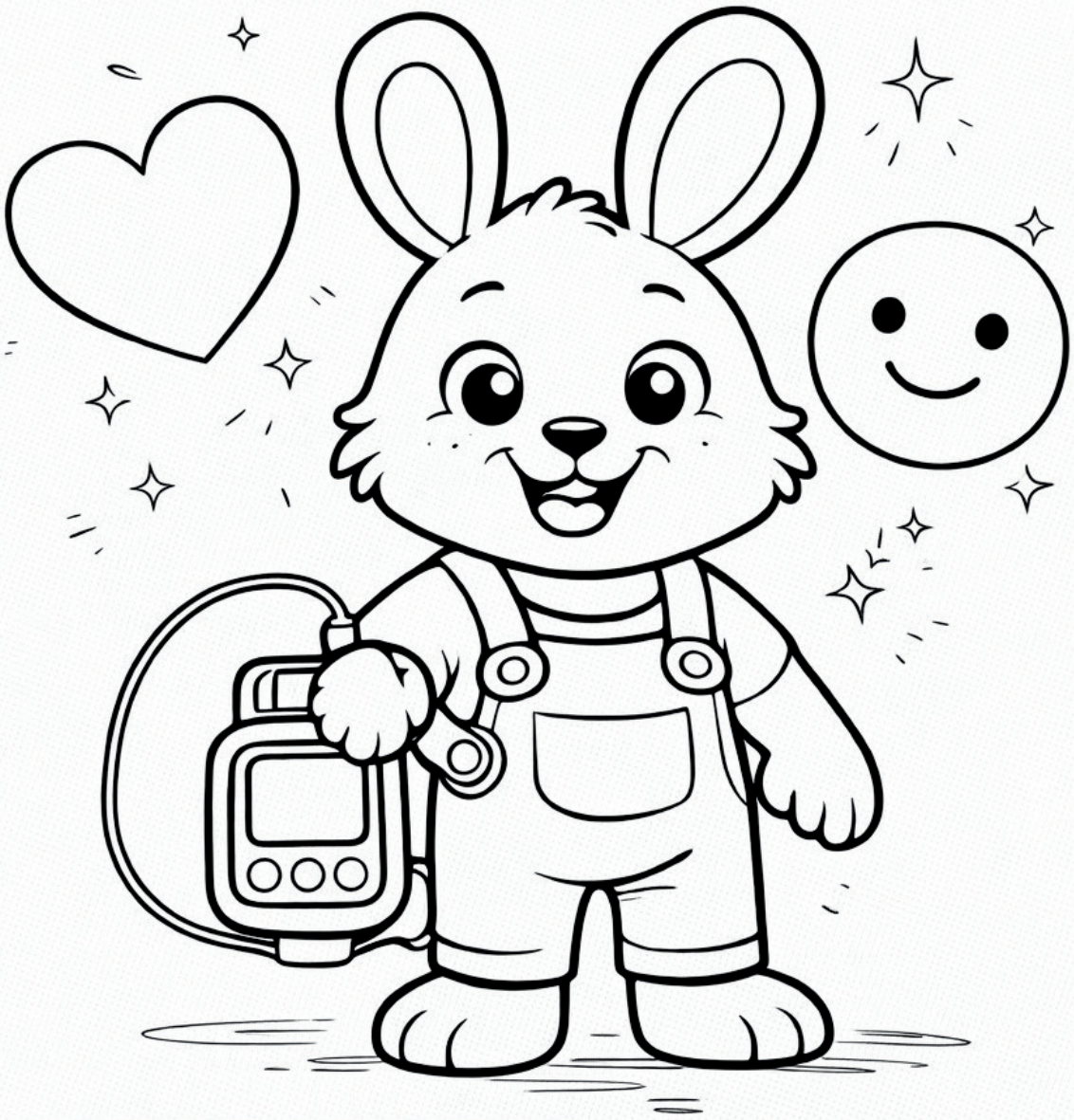
Families help us stay healthy and safe

**Explore the Sweet Steps coloring book**
www.sweetstepskids.com

For educational and supportive use. This book does not replace medical advice.
Always follow the guidance of your child's healthcare team.
Free sample for personal family use. Please do not sell or redistribute.

All feelings are okay.

You are not alone.



**Caregiver Tip:**

Invite conversations about emotions.

# You are brave every day!



**Caregiver Tip:**

Praise effort, not perfection.

# Families help us stay healthy and safe.



**Caregiver Tip:**

Involve siblings in age-appropriate ways.