

# Hosting Parties

## When you have guests with diabetes

**If you have family and friends over for the holidays, and they happen to have diabetes, here are ways to make things easier and a little more comfortable for all:**



**Don't Expect a "Yes" for Holiday Cheer** ~ No day is a day off from diabetes. It is a full time 24/7 job, and the holidays are just like any other day for a person with a chronic illness. Allow your guests to say "No" to a cup of "Holiday Cheer". Alcohol can greatly affect many medications.



**Be Flexible** ~ Diabetes impacts everything from eating to exercise, and tight plans can make things tense. Blood sugar fluctuates, and your guest's plans might need to, as well.



**Advocate for Self-Care** ~ Let your guest take care of themselves however they need to. If your guest needs to take a walk or sit down and drink some juice, let them. Your personal feelings on the matter, don't matter. Allow your guests to make the choices that are best for them. Personal feelings on the matter, don't matter. Allow your guests to make the choices that are best for themselves.



**Skip The Sugar Free Dishes** ~ Often times, sugar free dishes mean well, but they tend to have the same amount of carbs and taste less wonderful. There are plenty of foods naturally low in carbs that everyone can enjoy that won't make your guests feel that they are only allowed certain foods. Non-starchy vegetables, meats, and cheeses are easy low carb options for any party.



**Don't Peak At Blood Sugars ~**

Unless your guest shares, their blood sugar is not your information, even if they are close family.



**Don't Suggest Food Choices ~** Offering specific food to your guest or questioning their food choices can create weird tension. If you are serving a meal or dessert, let everyone make their own plate and don't question why your guest did or didn't choose to eat something. Refrain from questioning or offering allows your guest to make judgement free choices about their bodies and their health.



**Don't Provide Unsolicited Advice ~** "That has too much sugar" or "Can you eat that?" can actually feel offensive. Your guest knows when and what they can and should eat much better than you might, and questioning them implies they don't.



**Refrain From Judgmental Language ~** If your guest brings up their sugar, avoid referring to it as good or bad. Blood sugar levels aren't "bad" or "good." Labeling them that way can make your guest feel like they are doing a bad job caring for themselves. Blood sugars are only "low", "high" or within target range.



**The important thing to remember...**

is to treat your guest with diabetes just like any other guest. Don't talk about diabetes unless they bring it up, and allow that person time if they need to step away for some self-care. It will make the gathering much more enjoyable for everyone.