**I am going to a party**

 **[insert photo]**

**I love getting invited to parties**



**Parties are lots of fun and I love shopping for
nice gifts**

**Parties can be hard for me because I know it is not good for me to eat the same food that other people my age might have**



**I know that having PWS means I have trouble stopping myself from eating and drinking too much**

  

**Having PWS is hard sometimes. I know I need some help from my family and friends to keep healthy**

 

**My [Mum] might want to talk to my friends’ [Mum] before the party, to discuss coming with me and what food will be there**



**It is important for me to know where the party is and what food will be served**



**This helps plan my weekly food so that I can still enjoy some special party food**



**[Mum] will come with me to the party**. **It is important that I listen to what [Mum] says**

**I can have one small plate of special party food**





**If I try to have more, [Mum] will say it is time to go.
This would make me sad**



**This will be a fun day for me, this makes me happy!**

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