

Dear Classmates, I have T1D and there are things that you should know.  
About the things you may hear and see, when my blood glucose is high or low.

Sometimes I may have extra snacks in the middle of the day.  
I know it doesn't seem fair, but it has to be this way.

I need to eat or drink when my numbers start to drop.  
So if we're busy doing other things, I may need to stop.

Sometimes I poke my finger, depending on how I feel.  
Or before I play, or eat a snack, or when I have a meal.

Yes, there is a drop of blood, and yes it stings a bit.  
But I am tough and do this lots, I'm getting used to it.

I love to eat the party treats, but please, if you are able.  
Could you ask your mom or dad to send the nutrition label?

Sometimes I need a grown-up, to help with my T1D.  
So you may see an adult come into class to assist me.

I like to run and skip and play with my friends on the swings.  
T1D is a bit different, but I still do all those things.

Although this is all unfamiliar, and you find it very new.  
Classmates please understand that I'm still a kid like you.

*[www.carbcountingmama.ca](http://www.carbcountingmama.ca)*

**Dear Classmates I have T1D**