Videos





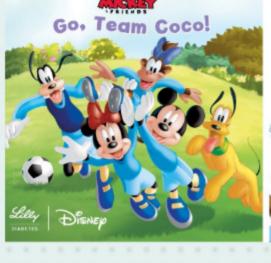
# The Cutest Low-Carb Holiday Party App Three ingredients are all you need for a cute,

festive, low-carb appetizer.  $read \Rightarrow$ 



# With just three ingredients, these

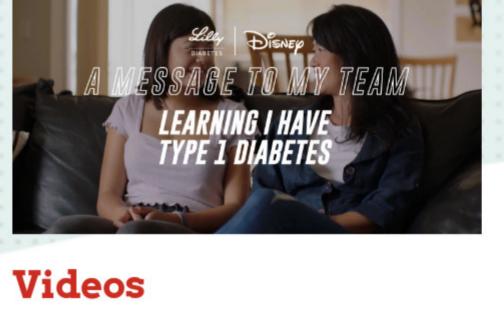
Strawberry Santas from More Dishing It Up Disney Style: A Cookbook for Families with Type 1 Diabetes are the perfect sweet treat for a holiday party.



**Digital Books** 

## Disney and Lilly Diabetes have joined

forces to bring you these great reads for families of children with type 1 diabetes. Ask your healthcare provider for free copies or read select titles here. Click above to see the full list.



## Every type 1 family has a unique

story. Get inspired by real families as they tell their stories about living with type 1 diabetes.

# This Month Lilly Diabetes and Disney have come

T1 Everyday Magic

together to create special resources for families like yours, to help you and your child feel inspired and empowered to live a full, active life with type 1 diabetes!

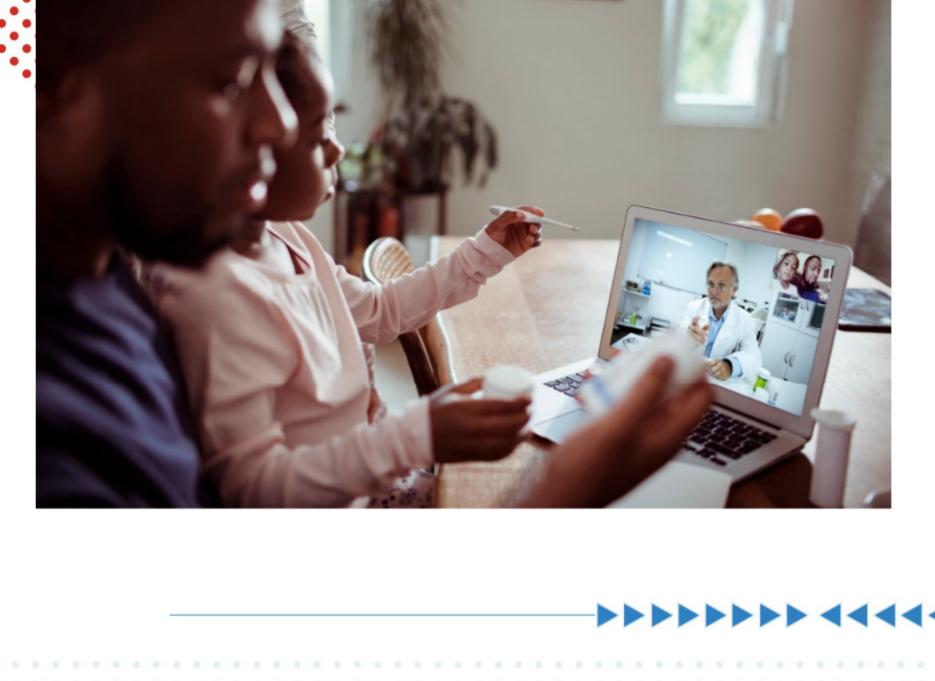




**Upcycled Diabetes** Supplies







### the flu or other seasonal illness. Experts explain how to tell the difference — and possibly save a

Undiagnosed diabetes can easily be mistaken for

It Might Not Be the Flu. Or Covid.

life.  $read \Rightarrow$ 





# **Eventually Help Your** Child Take Over) by Jen M., Real Moms Talk Type 1 With our new system, I feel much

better about transferring the diabetes supply process over to my son when

he's ready.



# by Kim M., Real Moms Talk Type 1 I'm afraid the time has come when

Kaitlyn cares more about socializing with her friends or even taking a math test than she cares about what her

blood sugar is doing.



## Sometimes I wonder if we should ever go back, but then I remember that

perfectly straight blood-sugar graph line that we often get when the pump and CGM are working well...



Weren't Born 100 Years Ago Most T1D parents know that it would have been a much different diagnosis

before the 1921 discovery of insulin —

but you might not know some of the

# Starter Guide to **Teaching Kids Diabetes**

Care When's the best time to start involving kids in their own type 1 diabetes care?

Now! Get ideas for which T1D tasks

might be age-appropriate for your

child to begin taking on.



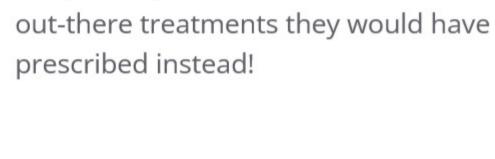
by Jen M., Real Moms Talk Type 1 The most important lessons that we

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rigorously prepare for. And that means we have to be "on" almost all the time.

teach our kids aren't the ones that we



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HOLIDAYS

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**GAMES & CRAFTS** 

BLOG V

ACTIVITIES

DIENER

### - by Brooke Wheeler











I remember sitting in the hospital when my son had just been diagnosed with type 1 diabetes, and so many questions ran through my mind as I thought about what this meant for his future. Would he still be able to do all the things a parent hopes and dreams of for their child? Everyone I knew connected to T1D told me yes, but honestly I still had my doubts... especially that first year.

As my son got older and started getting involved in activities, we made it our mission that we wouldn't let diabetes hold him back from anything he wanted to do. Of course T1D can add challenges, but it doesn't have to keep him from doing the things he loves.

I know that now. And I have a beautiful way to celebrate all those adventures that we as parents once worried might be impossible after a T1D diagnosis. Maybe it's candles from a milestone diaversary, pebbles collected on a family hike, or a rolled ticket stub from a starring role in the school play.... Upcycle your empty insulin vials as a place to hold on to these special mementos. How appropriate that the vessel you display them in once contained the medicine that makes all of these adventures possible.







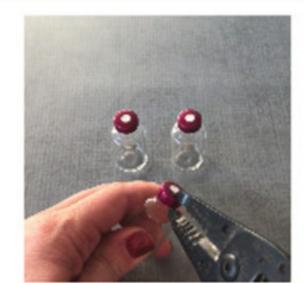
# WHAT YOU'LL NEED

- 1 or more empty insulin vials
- Safety glasses
- Protective gloves
- Needle-nose pliers
- Dish soap
- Water
- Paper towels
- · Mementos of choice (such as confetti, wildflowers, rocks, ticket stubs, candles, sand, beads, etc.)
- Small craft corks (available at craft stores)

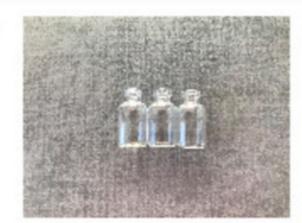
Peel off the outer wrapping from the insulin vial(s).



Wearing safety glasses and protective gloves, use pliers to remove the caps from the vials: Grip the cap with the pliers and squeeze, crushing the sides of the cap. If necessary, rotate the vial a quarter turn and crush the cap again. Then grab an edge of the cap with the pliers and peel it off of the vial. Lift out the rubber stopper that's underneath the cap with your fingers.



Clean out the vials with soap and water and dry thoroughly.



Carefully insert mementos into the vial(s). Place the cork(s) into the top of the vial(s).



Disclaimer: The experiences and suggestions recounted in these articles are not intended as medical advice, and they are not necessarily the "typical" experiences of families with a child who has type 1 diabetes. These situations are unique to the families depicted. Families should check with their healthcare professionals regarding the treatment of type 1 diabetes and the frequency of blood glucose monitoring.

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Q: "Whenever my friends post photos of their family events and trips online, I feel so jealous, because I know they didn't have to deal with type 1 diabetes on these outings. How do I get past these feelings?"



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Get ideas for games and activities to mark the anniversary of your child's diagnosis.



### A Letter to Myself the Day Before My Daughter's Diagnosis

As you head without warning into this journey, there are some things I want you to know. Actually, things I NEED you to know.

### Top 10 Things Never to Say to a T1D Parent

Share this list as a public service announcement and pick up some ideas for clever, tactful ways to respond.



### A Pep Talk on Your Worst Diabetes Day

by Kristina Dooley, guest blogger, Inspiredbylsabella.com

A scary low, a sleepless night, a waytoo-long stretch of seesaw-number days...you need to read this.

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