

Type 1 Diabetes in Children: Bryson's Story

When you learned that your child has type 1 diabetes, you were probably given a lot of information—from medicines to how and when to eat. It's a lot. But watching this video as a family may help. This is Bryson's story.

Hi! I'm Bryson. Not long ago, I wasn't feeling great. I found out that I have type 1 diabetes. It was tough at first, but now things are better.

Type 1 diabetes means my body doesn't make insulin. Insulin is a thing that helps turn the sugar from food into energy I can use.

Without insulin, my body can't use the sugar from food. And that can make me feel sick.

Like a lot of kids with type 1 diabetes, I have a pump and a CGM. My doctor calls it a continuous glucose monitor. Because of the pump and CGM, I don't have to do finger-stick tests or give myself insulin shots. But a few of my friends with diabetes test their blood and use insulin pens.

It didn't take long for me to learn how to keep my body feeling good and healthy. I pay attention to the foods I eat. My CGM checks my blood sugar, and my pump gives my body the insulin it needs.

And just in case my pump or the CGM breaks, my parents and I know how to do the finger-stick test and give insulin shots.

Here's how I would test my blood if I needed to. First I poke my finger with this thing called a lancet. Then I put a drop of blood in a little machine that checks how much sugar is in my blood.

After I test my blood, a grown-up helps me figure out how much insulin my body needs. Insulin gets into my body through a shot. The shot has a really small needle. And now that I'm used to the shots, I don't even feel them much anymore.

At school, I go to the nurse's office a few times a day to make sure I'm doing okay. When I started going to the nurse's office so much, some kids wondered why. They were worried about me, because they thought I might be sick.

So I told them about diabetes. And I told them that you can't catch it from somebody else. Having diabetes means I am more careful about the food I eat. But it **doesn't** mean I can't have treats. I just have to make healthy choices most of the time. And I have to remember that if I eat some types of food, I might need more insulin.

My family helps me by eating healthy too. We try to make dinner together, and we all help with the cooking.

I can keep doing all the activities I like to do. Like playing football! Because exercise helps me stay healthy too.

Oh! And I learned I'm not the only kid on my team who brings medicine to play football! Arthur brings an asthma inhaler, and Kate brings a bee sting kit. We help each other remember to bring the things we need when we have practice and games.

Type 1 Diabetes in Children: Bryson's Story

Thank you to Bryson and his family for sharing their story. It may not always be easy, but just like Bryson's family—with information and a little time—you and your child can manage type 1 diabetes and live healthy, happy lives.