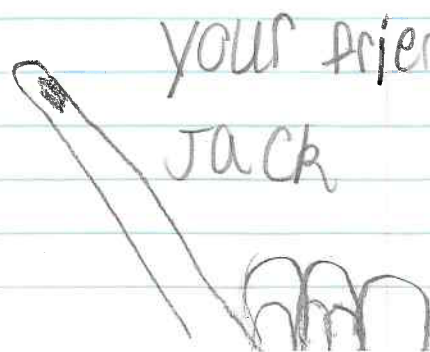


Hi I'm Jack. In April 2017, when I was 8 years old, I was diagnosed with Type 1 Diabetes. I was in this exact same hospital. I know it can be scary but it is OK because the doctors and nurses here are so nice!!

I created a box full of things that might make your time here much better. In this box there is a shot blocker. I was terrified of the shots but the shot blocker helps you not feel it. I also added a squishy ball to squeeze when you get your shots.

When you are bored you can play with the fidget spinner. Finally, I added some bracelets. One is a medical bracelet and the other is a unicorn bracelet. The unicorn is a sign for a perfect blood sugar level. Because when you get a 100 it is special and so is a unicorn.

My hope for you is that this box brings you comfort. You are not alone!! It will get easier, I promise. Just remember, you are the same kid you were before you got diabetes. You can do all the same things. Don't let Diabetes get in your way. Be positive and you will do great!!!



your friend,
Jack