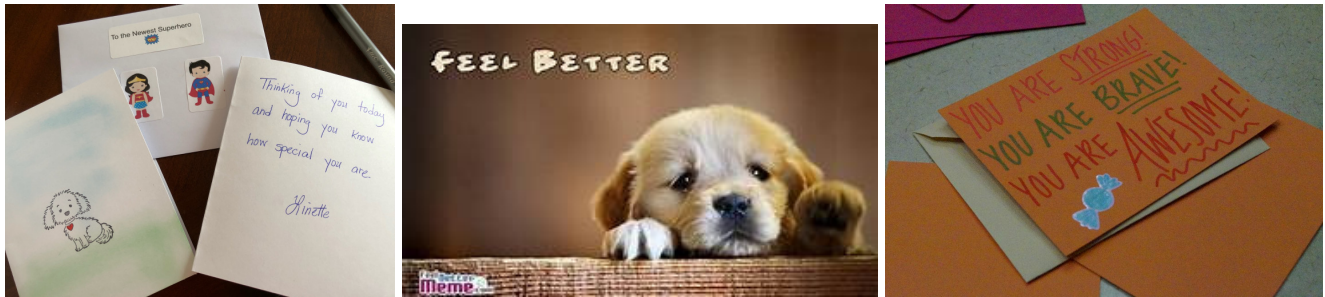


CARE CARD PROGRAM...*MAKING A DIFFERENCE!*



WHAT: Care Card Program—making a difference.

We all know what is like to not feel well, or when we're facing something really tough. Newly diagnosed kids with Type 1 diabetes could really use some encouragement as it's a really difficult time. It's especially helpful if you have Type 1 as you have probably had similar feelings. Remember how you felt when you were first diagnosed with Type 1 diabetes? *Scared, angry, sad, lost, overwhelmed, alone*—those kind of feelings. You would be perfect to bring support by adding a personal touch to your card.

WHO: The program is open to children and young people, families, friends. You can even have a 'Care Card' card making party. *Note to parents:* If your child cannot write yet, you may write their words for them.

WHEN: Now and always.

HOW TO JOIN IN THE FUN:

1. Get out your supplies, such as crayons, colored pencils, markers, scissors, glue, stamps, stickers, drawing paper, card stock—things like that. (\$ store has great packages of mini cards that can be customized)
2. Fold your paper/card stock in ½ to make a blank card
3. Think about what you want to draw. Or use stickers. Think about what you want to say.
4. Get busy. Have fun! **IMPORTANT NOTE:** *Please make your card/envelope non-gender specific. They go into the Brave Boxes and we don't know if a boy or girl will get that box. If you use stickers of boys and girls, like superheroes...use two...both boy & girl.*
5. Sign the card. First name and first letter of last name. It makes it more personal and adds a nice touch.
6. Having matching/coordinating envelopes is great too. Placing stickers on the envelopes and a label that says "To the Newest Kid With Courage" or "To the Newest Superhero" is very helpful.
7. Put your card in a big envelope, address it, stamp it and mail it to us at the address shown above; Or, arrange to meet us to deliver.



You will make someone smile with the cards you made!

EXAMPLE: Care Card Sentiment

These are just examples, say what comes to your mind and heart!

We're thinking about you as you learn all about this Type 1 diabetes. It's not easy, but we know you can do it.
You're a champion!

Best wishes!

You'll be feeling like your old self again very soon...
Hang in there!

We're thinking about you!

You're a CHAMPION!
You'll get this Type 1 diabetes figured out soon and you'll be feeling good!

Just sending you a little courage to help you along your way. Even though we've never met, I also have Type 1 diabetes and I know you can do this.

Rooting for you!

You are strong!
You are brave!
You are awesome!
You can do this!

AVOID saying/writing 'GET WELL SOON'

*We're thinking about you as you learn all about this Type 1 diabetes. It's not easy, but we know you can do it.
You're a STAR!*

Best wishes!

You're a SUPERHERO!
You'll get this Type 1 diabetes figured out soon, get to feeling better, and showing your Courage superpower!
Stay brave!!

Hey little fighter,
Soon, things will be better... we care about and believe in you!
Stay strong...you can do this!

We're thinking about you and wishing you well. Remember, knowledge is power, attitude affects outcomes. Learn all you can about Type 1 and taking care of yourself and stay positive.
You can do this!

