Happy World Children's Day!

Meet Fara from Belgium. She is eight years old and has been living with Type 1 diabetes for three years.

As part of World Children's Day, we conducted an interview with Fara and her mother about what it's like having a child who lives with diabetes. Some questions are asked by Fara and some by the interviewer. Continue reading to find out what she had to say!

1. **Mom, I wonder do you like placing my sensors and my catheters?**

   No, I don’t like doing that, because I know that it is a heavy burden for you. It hurts sometimes so, being your mother, I don’t like doing that...

   (Fara) But I am very happy for you do it with me. Sometimes I really don’t like it and my hands are always too sweaty doing it! I’m scared it will slip out of my hands if I do it myself.

2. **Mom, can you guess what I really don’t like about diabetes?**

   I think that you really don’t like inserting the CGM and your catheter and the fact that the devices are on your body all the time.

   (Fara) You are almost right mom! I really do not like inserting my sensor and the catheter. BUT, I also don’t like going to the hospital for my diabetes. So, you guessed two of the three!

3. **Can you guess something that I like about living with diabetes?**

   I think that Fara sometimes likes diabetes because she can get a little bit more of some things at certain times, that we otherwise don’t give. For example, something sweet to treat her hypos.

   (Fara) Yes, I really like that sometimes when I have a hypo that I can have something sweet but I also don’t like how I feel when I have a hypo. I also like when I’m at school and my sugar is a little bit too high, then I can run around the playground so that I need to sit less at school, and I don’t need to have an extra insulin bolus.

4. **How do you think that I feel when I have hypoglycemia?**

   When I see you having a hypo, I always feel that you don’t know what to do with yourself, you are switching emotions very quickly and I think you feel nauseated too, at least this is what you have told me.

   (Fara) I am very happy to have my glucose monitor at hand to check my sugar so that I feel safer when I have a hypo.
5. Fara, are there things that your mom and dad could help you with?

No, not specifically, I can manage it on my own! But I really like that they help me with my catheter and other things about my diabetes.

6. Mom, are there things that you think you can help Fara with?

Yes, as parents it’s always hard to see your child suffer from glucose fluctuations, specifically the symptoms of hypoglycemia, or struggle with the general questions that a child with diabetes has. You don’t want them to suffer, you just want them to be free and not have to worry about diabetes. When those fluctuations occur, you always feel responsible for it as a parent. And that always forces you to adjust your lifestyle further to fit the needs of a healthy life. For Fara, at times we take a bit more distance from the strict lifestyle. For example, eating regularly, being more strict on the food plan and with treats, etc. It’s hard to be so strict because she is just a child and you don’t want to take so many (fun) things away from her, but at the same time, you know that the strict way is the best way to achieve a healthy and happy life for her. But the constant responsibility and the fact that you always need to think of diabetes can get really rough sometimes. But we need to make the best out of it!

7. Fara, what’s the meaning of your drawing?

This heart is to support me with diabetes and all the things I need to deal with because of diabetes and also a heart for all the other people I know with diabetes and the people who help me every day with it.

Thank you to Fara and her family for allowing us to conduct this interview. Happy World Children’s Day to everyone!
- The IDF Europe Team