If Sophie's blood sugar is low, she has a snack and waits 15 minutes.

If it is still low, Sophie needs a second snack.

Then Sophie checks her blood sugar again. If it is better, she can go back to soccer practice.

Sophie does not like waiting while her friends play, but she knows it is the safe thing to do.

This is how Sophie takes care of herself. She has a lot more work to do than other kids, but Sophie is strong.

Sophie feels good when she takes care of herself. She feels like a superhero! And she still gets to have fun at soccer practice.