

The KITE Framework

The whole of type 1 care, in four corners and a string.

K

Know the condition.

Become your family's own expert. Understanding replaces fear.

I

Insulin, the lifeline.

Not a punishment, a replacement for what the body needs. Never stopped.

T

Track the numbers.

Watch patterns, not single readings. Data, not judgement.

E

Eat and live fully.

Count the carbs, cover with insulin, eat everything. No banned foods.



The String: Support.

Family, care team, school, community. The kite flies *because* of the string, not despite it.

*Stick this on your fridge. On the hard days, it turns a mountain
into five things you're getting good at.*