

# Caring for someone with type 1 diabetes



If you are caring for a child with type 1 diabetes, they will need help with day-to-day diabetes care. From serving healthy foods to helping them take insulin injections and everything else in between. Your child's diabetes care team will help you understand the treatment plan and how to help your child stay healthy.

## Taking insulin

Insulin is an important part of treatment for type 1 diabetes. It is usually taken by injection or with an insulin pump. Insulin is a hormone that helps glucose enter the body's cells to be used for energy. Without insulin, glucose stays in the blood.

Your diabetes care team will help you find the best insulin plan for your child. It will include:

- What type(s) of insulin they should take
- How much insulin they should take
- When they should take it

Keep track of the insulin plan here.

Insulin type \_\_\_\_\_

Dose \_\_\_\_\_ units

Times \_\_\_\_\_

Insulin type \_\_\_\_\_

Dose \_\_\_\_\_ units

Times \_\_\_\_\_



## High blood glucose (hyperglycemia)

High blood glucose happens when the body doesn't have enough insulin. Work with your child's diabetes care team to find the safest way for you to lower their blood glucose level if it gets too high.



Signs and symptoms of high blood glucose may include:



Very thirsty



Very hungry



Sleepy



Needing to pass urine more than usual



Blurry vision

A blood glucose reading over \_\_\_\_\_mg/dL is too high for my child.

## Low blood glucose (hypoglycemia)

Low blood glucose is when your blood glucose levels are low enough that you need to take action to bring them back to target. Talk to your child's diabetes care team about what level is too low for them. Ask your diabetes care team if you should have a severe low blood glucose emergency kit (glucagon) and when and how to use it.



Signs and symptoms of low blood glucose may include:



Sweaty



Dizzy



Weak or tired



Hungry



Irritability or impatience



Shaky



Headache



Nervous or upset



Confusion



Nightmares or crying out during sleep

A blood glucose reading under \_\_\_\_\_mg/dL is too low for my child.

## Treating low blood glucose

If you suspect low blood glucose, check it right away. If you can't check it, treat it anyway.

Unless told otherwise by your child's diabetes care team, have them eat or drink 15 grams of carbohydrates right away, such as:

- 4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)
- 4 ounces (½ cup) of regular soda pop (not diet)
- Glucose tablets or gel tube (see instructions)
- 1 tablespoon of sugar, honey, or corn syrup
- Hard candies, jellybeans, or gumdrops (see food label)



Wait 15 minutes and then check their blood glucose level again:

- If it is still too low, have them eat or drink another 15 grams of carbohydrates
- Check their blood glucose again after another 15 minutes. Repeat these steps until their blood glucose is back to normal
- If their next meal is more than an hour away, have them eat a snack to keep their blood glucose in their goal range

**NOTE:** Young children usually need less than 15 grams of carbs to fix a low blood glucose level.

- Infants may need 6 grams
- Toddlers may need 8 grams
- Small children may need 10 grams

This needs to be individualized, so discuss the right amount with your child's diabetes team.

My child needs \_\_\_\_ grams of carbs to treat low blood glucose.

## Learning together

You and your family may feel like it is a lot to learn, but it is important for your child to understand what their diabetes means for them. The more you learn about diabetes and their health, the better prepared you will be to help them live well with type 1 diabetes.



You and your family can learn more online at **NovoCare.com** or scan this code with a phone or tablet.



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