

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. A member of the healthcare team can train you and your child how to inject or use a pump to take insulin. 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 also 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 _____

*Talk to your healthcare professional about what insulin plan is right for your child.



Checking blood glucose

Regularly checking blood glucose levels can help you and your child see what makes the numbers go up and down, such as:

- Eating different foods
- Being physically active
- Taking medicines
- Being sick

If your child uses a continuous glucose monitor (CGM) to monitor glucose levels, twice-daily finger sticks may be needed to ensure the CGM is measuring accurately.

You can work with your child’s diabetes care team to identify their blood glucose goals. Be sure to write down the results of each test and note what factors may have affected them. You can go to **NovoCare.com** for more information and resources to track blood glucose levels.

Blood glucose log

Date	Time	Glucose level	Insulin dose	Carbs (g)	Notes





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 fast-acting carbohydrates right away, such as:

- 4 ounces (½ cup) of regular fruit juice
- 4 ounces (½ cup) of regular soda pop (not diet)
- Glucose tablets or gel tube (see instructions)
- 1 tablespoon of sugar or corn syrup (or, if older than 1 year, honey)
- Hard candies or jellybeans (see food label)



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

- If it is still too low, or their CGM doesn't show blood glucose levels trending up, have them eat or drink another 15 grams of fast-acting carbohydrates
- Once their blood glucose is above what is considered low for your child, or is trending up on their CGM, have them eat a protein and carb snack, such as cheese and crackers. This will help keep their blood glucose from dropping low again before their next meal

_____mg/dL is too low for my child.

Learning together

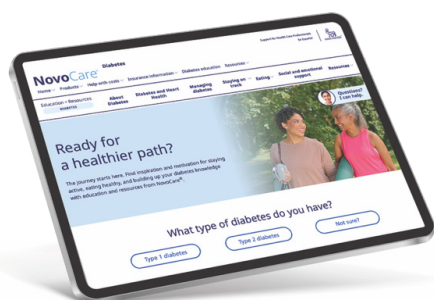
You and your family may feel like it is a lot to learn, but it is important for your child to understand what their diabetes means for them. The more you learn about diabetes and their health, the better prepared you will be to help them live well with type 1 diabetes.

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

- Infants 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 care team.

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



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



Scan me!