

school and other information

how to coordinate with your child's school

- **School nurse.** Before your child returns to school after diagnosis, set up a meeting with the school nurse to talk to them about your child's diabetes.
 - Each school has a plan for students with diabetes. Meeting with the school nurse will allow you to learn about your child's school plan and ask questions before your child returns to school.
- **School forms.** The diabetes team will provide your child's school with forms specific to your child's diabetes care needs.
- **Sports.** Your child can participate in any sport.
 - A statement regarding diabetes care may be requested by the coaches or trainers. The diabetes team can provide that.
 - Sports physical forms will need to be completed by your primary care physician.

parent's checklist	
Blood sugar testing and insulin	<ul style="list-style-type: none"> • Where are my child's meter and diabetes supplies kept? • Does my child know the times for testing during the school day? • What is my child to do if feeling low or ill?
Food	<ul style="list-style-type: none"> • Is the staff or student able to count carbs? • Where are the supplies for low blood sugar treatment to be kept?
Exercise	<ul style="list-style-type: none"> • Will this be a day of normal or unusual activity? • Will food and insulin balance with the scheduled activity? • Will my child need pre-treatment for the activity?
Timing	<ul style="list-style-type: none"> • At what times will my child eat snacks and lunch? • At what time will physical activity take place? • Will my child be home from school in time for an afternoon snack, or should the afternoon snack be eaten at school?
Emergencies	<ul style="list-style-type: none"> • Have teachers been educated to recognize signs of low blood sugar? • Can a parent or other knowledgeable person be reached quickly for help? • Does the teacher know what to do until I arrive?

special occasions

It is possible to take care of your diabetes and still go to birthday parties, sleepovers or slumber parties at your friends' homes, trick-or-treating on Halloween, and enjoy parties at school!

school parties

Have the teacher let you know when there is going to be a party. Then you can find out what foods or treats are planned for the party. If you need help with the carb content of the foods or treats, contact your dietitian or diabetes team member.

slumber parties

Your child does not have to miss the fun of a slumber party at the home of a friend. Talk with the friend's parents about what foods will be served, and about the best time foods will be available during the slumber party. Remember that your child will probably be up later than usual and may be more active. The blood sugar may need to be checked more often on these nights.



If you are having a special occasion and are having difficulty figuring out the carb amounts, contact your dietitian or diabetes team member.

travel tips

Having diabetes should not interfere with vacation or travel plans. It is very important, though, that you plan ahead. By planning ahead for diabetes care, you will minimize or prevent any diabetes-related problems. Also, you should discuss your travel plans with your child's diabetes doctor in advance.

what should you do on vacation?

- Always carry food for meals and snacks with you.
- Always carry a quick sugar source available to treat low blood sugars or to pre-treat for activity. Plan on extra snacks any time he/she is to be especially active.
- Have the child carry identification and wear their medic-alert necklace, bracelet, or anklet at all times.
- Keep doing blood and ketone testing like you do at home. You will need to do more frequent checking when traveling and when being more active than usual.
- Always carry your child's insulin with you. Do not place it in the trunk, glove compartment, or dashboard of the car. Always keep it with you in your carry-on luggage.
- Be prepared with extra diabetic supplies. This includes syringes, insulin and testing supplies. Carry a prescription from your doctor for extra insulin and syringes in case you lose your supply.

air travel, cruises and international travel

- If traveling by plane or going on a cruise, you may need a travel letter specific to diabetes care and supplies. Please give your travel dates as early as possible to the diabetes care coordinators. Check with the airline to see what they require. At times, airlines have required that specific amounts of supplies be listed on the travel letter.
- If traveling in different time zones, insulin adjustments for the different time zones may be necessary. Please request assistance with this as soon as possible.

- If you travel to other countries, you need to remember that in the US, insulins are 100-unit strength (U-100), meaning there are 100 units of insulin per milliliter (ml) of liquid. A 10 ml bottle of U-100 strength insulin contains 1,000 units of insulin. Other countries may have different strengths insulins which will affect your blood sugars.
- Know where to go in an emergency situation. You may either call the local diabetes association or go to the local hospital emergency room. To find either one of these things search the city name and “diabetes association” online, or look in the phonebook under “diabetes.”



community resources

There are many organizations that work with diabetes locally, by state and nationally. Some of these organizations provide information, support groups and education. Other organizations aid in funding research for a cure.

The following organizations or groups are available to support you! For more information and to find the most up-to-date contact information, check their websites or childrensdayton.org.

- **Diabetes Dayton (DD)** – A group of health professionals who offer telephone counseling, support, literature, and information expos.
 - diabetesdayton.org or 937-220-6611
- **Camp Ko-Man-She** – This is a summer camp for children and teens with type 1 diabetes solely sponsored by DD.
- **Juvenile Diabetes Research Foundation (JDRF)** – This is a not-for-profit voluntary health agency, whose primary objective is to support and fund research to find the cause, cure, treatment and prevention of diabetes and its complications. They have an annual walk for the cure that families can participate in, and there are many opportunities for people interested in volunteering their time.
 - jdrf.com or 937-439-2873
- **American Diabetes Association** – This is a national organization for health professionals and people with diabetes that is also active on the local and state level. They publish the “Forecast” magazine.
 - diabetes.org or 937-297-0002
- **Dayton Children’s Hospital** – At Dayton Children’s, the diabetes team is available to every family of a child with diabetes. Our team is made up of pediatric endocrinologists, diabetes nurse educators, dietitians, a medical social worker and a psychologist.
 - childrensdayton.org and childrensdayton.org/diabetesresources for online forms, handouts and resources
 - Individual counseling is available through a referral by your primary pediatrician or family doctor.

online resources and useful apps

Please be aware that the information found on the internet is not always accurate. The information may also be sponsored by pharmaceutical companies. The people who you encounter online may have a different level of education and may not have good diabetes control. Please discuss any questions you have with your child’s diabetes team.

additional online resources

To look up food to get nutritional information (carbohydrate content, calories, fat, etc.), both nutritiondata.com and calorieking.com are helpful.

Check out childrensdayton.org/diabetesresources for online forms, handouts and resources, including Pinterest boards with snack and meal ideas.

smartphone apps

Don't have an iPhone? Go to your app store on your smartphone and search "diabetes." For Apple products, visit the app store to check out the following apps and more. Some are free, some cost up to \$5.00.

- Carb counting with Lenny the Lion (free app from Medtronic) shows children how many carbs are in various foods by showing serving sizes and pictures. It also offers games on carbs.
- Glucose Buddy and AgaMatrix: Free apps to track and log glucose, insulin, carbs, weight, etc. all in one place. The information can be emailed to you, your family members, or the diabetes doctor.
- Go Meals (free), Carb Master (costs \$0.99), and Fast Food Calories (costs \$0.99 for Pro version, non-pro version is free) help you to count carbs in meals.

