

My child, _____, has diabetes.

Diabetes is a condition in which the pancreas is unable to make insulin. Without insulin, the body is unable to change the glucose (sugar) from the food my child eats into energy. Currently, diabetes cannot be cured, but it can be managed through daily insulin injections, diet, and activity.

Some information about caring for diabetes appears below. It will help you to be aware of certain procedures my child must follow during school hours. It will also alert you to some situations that may occasionally occur.

Participation in School Activities

My child can participate in all school activities. He or she should not be considered as “sick” or “different” but as a normal child who must follow a treatment program to compensate for the inability of the pancreas to make insulin.

Meals and Snacks

The amount of glucose in my child’s blood, which comes from the food he or she eats, must be carefully balanced with the action pattern of the insulin doses injected each day. The term “action pattern” includes how soon the injected insulin starts working, when it works the hardest, and how long it works. In addition, the amount of glucose in the blood and the insulin’s action pattern must be balanced with my child’s physical activity. To achieve this balance:

- Meals should be eaten at the same time each day.
- A snack should be eaten at approximately _____ each morning. My child will bring his or her snack to school each day. Some typical snacks include crackers, cookies, granola/breakfast bars, yogurt, fruit, milk or chocolate milk.
- Additional snacks may be needed before or after recess or gym, particularly if activity occurs immediately before snack or lunchtime.

Insert picture of you child here:



Insulin Reactions (Low Blood Glucose)

My child may occasionally have an insulin reaction. Reactions occur when the amount of glucose in the blood is too low. They are most likely to occur.

- Just before lunch.
- Immediately after strenuous exercise (recess, gym).
- When meals or snacks are delayed or not eaten.

Early symptoms of an insulin reaction include shakiness, nervousness, headache, sweating, dizziness, tingling, weakness, irritability, and hunger. If any of these symptoms develop, my child should eat a fast-acting carbohydrate food **IMMEDIATELY**. Examples of fast-acting carbohydrates are:

Glucose tablets	4 oz. juice box, Life Savers®
Packages of sugar	Marshmallows
Cake icing tubes	Raisins

Immediate treatment will prevent the development of more serious symptoms such as anger, drowsiness, confusion, poor coordination, difficulty in thinking, and blurred vision. Food to treat for my child's low blood glucose will be found in the Nurse's office and/or the following location (s) _____. If my child is experiencing a low blood glucose, do not send him or her out of the classroom unaccompanied.

The fast-acting carbohydrate food should raise my child's blood sugar to a normal level in approximately 10-20 minutes. If symptoms persist longer than 20 minutes, the procedure is repeated. If the symptoms persist after another 10-20 minutes, notify me immediately. If you are unable to reach me or another adult designated on my child's emergency plan, my child should be taken to the emergency room of a local hospital.

High Blood Glucose

Eating too much food, not taking enough insulin, or not getting enough exercise are causes of high blood glucose. A child with high blood glucose may want to drink more water than usual and may urinate frequently. If you notice these symptoms, please notify me as soon as possible. While not usually an emergency situation, my child's insulin dose or food consumption may need to be adjusted.

Class Parties

Occasionally your class may have a party celebrating an occasion such as Valentine's Day or a child's birthday. Foods such as cake, candy, regular soda, and other items usually referred to as "sweets" are customarily a part of such an occasion. Too many sweets can cause high blood glucose and should be limited but not necessarily avoided. If you will notify me when your class is planning a party, I will give you specific guidelines for what would be appropriate for my child.

Emergency Phone Numbers

If an emergency arises or you have questions about diabetes, please call the following people any time

Parent' Name _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____

Diabetes Nurse Educator's Name _____

Physician's Name: _____

Joslin Pediatric/Adolescent and Young Adult Section Phone Number: **617.732.2603** and Fax:
617.732.2451

Thank you for your assistance in helping me manage my child's diabetes.

Cordially,
