

## IMPORTANT INFORMATION

The Pediatric DiabetesDek® is designed to give families living with Type 1 Diabetes up-to-date, practical information to aid in coping with and managing the challenges diabetes presents. It is a concise, portable and handy reference and, as such, cannot include everything you may eventually want and need to know.

To learn more, refer to other, more comprehensive resources such as:

**Books:**

*Understanding Diabetes*, By Peter Chase, 2006, Children's Diabetes Foundation at Denver.

*Type 1 Diabetes: A Guide for Children, Adolescents, Young Adults—and Their Caregivers*, By Hanas, Brink and Hitchcock, 2005, De Capo Press.

**Web Sites:**

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

[www.diabetes.org/for-parents-and-kids.jsp](http://www.diabetes.org/for-parents-and-kids.jsp)

## TABLE OF CONTENTS

DIABETES AND YOUR FAMILY . . . . .	4
TYPE 1 & RELATED CONDITIONS . . . . .	20
DIABETES CONTROL . . . . .	30
LOW BLOOD SUGAR . . . . .	45
HIGH BLOOD SUGAR . . . . .	60
INSULIN MANAGEMENT . . . . .	72
FOOD & DIABETES . . . . .	90
EXERCISE & OTHER ACTIVITY . . . . .	101
DIABETES AWAY FROM HOME . . . . .	108
ASSOCIATED CONDITIONS . . . . .	118

**NOTE:** The author, editor, and publisher have attempted to insure that dosages recommended are in agreement with those accepted at the time of publication. Dosage recommendations may change from time to time in light of new information and are always subject to the specific facts of any individual's actual clinical situation. For these reasons and to avoid any inappropriate dosing due to a printing error, you are strongly urged to discuss all medications and dose changes with your child's physician before making any adjustment to his or her prescribed regimen.

## DIABETES AND YOUR FAMILY

DEALING WITH THE DIAGNOSIS . . . . .	5
COMMON FEELINGS . . . . .	6
WHY SUPPORT IS ESSENTIAL . . . . .	7
BUILDING A SUPPORT SYSTEM . . . . .	8
SUPPORT GROUPS . . . . .	9
PRESERVING NORMAL PARENTING . . . . .	10
AGE-SPECIFIC ISSUES . . . . .	11
PARENTS' SPECIAL NEEDS . . . . .	12
SIBLINGS' SPECIAL NEEDS . . . . .	13
LEARNING ABOUT DIABETES . . . . .	14
RECOMMENDED BOOKS . . . . .	15
RECOMMENDED WEB SITES . . . . .	16
WHAT WE KNOW ABOUT CAUSES & RISK . . . . .	17
IS A CURE ON THE WAY? . . . . .	19

## DEALING WITH THE DIAGNOSIS

When a child is diagnosed with type 1 diabetes, the shock, confusion and fear a family experiences can be profound. Such strong reactions are both common and appropriate. Those first days and weeks can be made less difficult when families receive:

- emotional support
- knowledgeable medical care
- step-wise education

but nothing that happens will make diabetes easy. Still, adults and children alike can come to an accommodation with diabetes and the many demands it places on their emotions, time, finances and relationships. The more you know about it, the more successful your family's life with diabetes can become.

## COMMON FEELINGS

Nearly all family members experience at least the following feelings. Their intensity can lessen over time if they are acknowledged and discussed.

- **Sadness** and **grief** are normal responses to loss, and there are many losses to grieve when a child develops diabetes.
- Both parents and children often feel **guilt**. Parents wonder “Is this somehow my fault?” (the answer is no) and children often feel guilty for causing their parents distress. Guilt also gets attached to blood sugar control and not being “perfect” in caring for diabetes.
- **Fear** of both short- and long-term health threats is all but universal.

## WHY SUPPORT IS ESSENTIAL

Between the emotional and practical demands of diabetes, family members – especially parents – carry a heavy load. They need the help of others to stay physically and emotionally able to meet the continuous demands.

Most parents need both emotional and practical support.

- Emotional support is felt when parents know others understand how hard this is and have a safe place to express their feelings.
- Practical support means other reliable and knowledgeable adults can assume responsibility for the child now and then so that Mom and Dad can get needed breaks.

Providing support benefits those who give it by helping them remain close to the diabetic child.

## BUILDING A SUPPORT SYSTEM

To assure such support, it is highly desirable for a family to involve those who were closely connected to the child before diagnosis in his or her care. Those people want to help. The biggest barriers are likely to be everyone's fears. To build the support you and your child need:

- Ask for the help you want right away. Delay will not make it easier.
- Be clear and specific so people's help is targeted to your real needs.
- Acknowledge your fears and ask about theirs. Talking about fear takes away much of its power.
- Take small steps toward big goals. For example, learning to test blood sugar and give insulin are steps toward resuming a grandchild's sleepovers.

## SUPPORT GROUPS

Meeting fellow parents who share this journey can be a priceless source of both emotional support and practical knowledge. Also, for youngsters with diabetes, having friends with type 1 can greatly reduce feelings of isolation and being “different”.

But most youngsters and parents dealing with a new diagnosis don't know anyone else with type 1. That is why families have formed and taken part in Support Groups for decades. If there is one in your town, wonderful. But whether there is or not, visit <http://childrenwithdiabetes.com/fsn> to join the Family Support Network where you can access both local and long-distance expertise and support.