



SLEEPOVER GUIDE

Aside from their jammies, pillow, favorite blanket or stuffed animal, kids with diabetes have to pack a bit more to ensure a safe and fun sleepover!

HERE ARE RECOMMENDED ITEMS A CHILD LIVING WITH DIABETES MAY WANT TO TAKE WHEN HEADING OVER TO A FRIEND'S HOUSE:

- Couple of extra infusion sets (and any inserter required)
- Reservoir
- Low blood sugar treatment options including glucose tabs, glucagon, or juice
- A vial of insulin
- A few syringes in case of a pump failure
- Glucometer
- Test strips
- Back-up AA battery for their pump
- Any low-carb drinks or snacks your child may prefer as a special treat
- Extra sensor and senter (if using a continuous glucose monitor)

Check in with the host parents to let them know the plan and ensure they are comfortable.

MY CHILD HAS TYPE 1 DIABETES. HERE ARE SOME THINGS YOU MAY NEED TO KNOW:

Some common signs of a **low** blood sugar are:

Lethargy, dizziness, cold sweats, lack of focus/confusion, feeling faint

We've worked with our healthcare provider to identify these symptoms as indicating a low blood sugar for our child:

_____.

Here are low blood sugar treatment options recommended by our physician:

_____.

If you suspect a low or high blood sugar, confirm using a blood glucose (BG) test.

My cellphone number is _____.

If you cannot reach me in the case of an emergency, please contact _____ (name) at _____ (number).

Some common signs of a **high** blood sugar are:

Excessive thirst, frequent urination, nausea

We've worked with our healthcare provider to identify these symptoms as indicating a high blood sugar for our child:

_____.

Treating high blood sugar requires insulin, our protocol is:

_____.

Should my child want an additional snack, please

_____.