

Babysitter guide

Along with planning for playtime, snack time, or bedtime, kids with diabetes can require extra special care. When parents or guardians are called away by other commitments, this guide can help babysitters understand how to spot and treat a high or low glucose.



My child has type 1 diabetes. Here are some things you may need to know:

Some common signs of a low glucose (below 70 mg/dL) are: Lethargy, dizziness, cold sweats, lack of focus/confusion, feeling faint

I've also identified these symptoms as indicating a low glucose for my child:

Treating a low glucose requires a snack. For my child, this means:

Should my child want an additional snack, please provide the following:

Additional bedtime instructions:

Some common signs of a high glucose (above 180 mg/dL) are: Excessive thirst, frequent urination, nausea, fatigue

I've also identified these symptoms as indicating a high glucose for my child:

Treating a high glucose requires insulin. For my child, this means:

If you suspect a low or high glucose and/or the sensor glucose readings are different to what my child says they are feeling, confirm using a blood glucose (BG) test.

If you have any questions, you can call / text me at _____ (number).

In case of emergency and you cannot reach me, please contact _____ (name & relation) at _____ (number).

Type 1 diabetes is a serious medical condition that requires careful attention. In the rare event that my child loses consciousness or you cannot reach any emergency contacts, call 911.