

Let's talk about...

Helping Children with Needle Procedures

Helpful tips:

- Children can feel your emotions. Try to stay calm and positive.
- Tell your child what will happen before the procedure. Be honest about why it is needed.
- Get all your supplies ready before you start.
- Make a simple routine so your child knows what to expect each time.
- Let your child make small choices when possible. For example, they can choose how to sit, count to three before the poke, watch it happen, or look at something else like a video.
- For younger children, help them focus on something fun. You can sing a song, blow bubbles, read an “I Spy” book, or tell a story.
- To help reduce the feeling of the poke, you can put ice or a warm pack on the spot before cleaning the skin.
- You can also ask a Child Life Specialist to learn more about ways to help, like medical play.



Comfort Positions



For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>

Let's talk about...

Helpful Diabetes Websites

These websites have a lot of helpful information. You can learn about diabetes, find recipes, and get tips to help manage diabetes at school. There is also support for parents, kids, and teens, chances to connect with others, and ways to get involved in the community.

- **American Diabetes Association:** www.diabetes.org
Diabetes basics, Parents and Kids section, etc.
- **Diabetes Research Institute Foundation:** www.diabetesresearch.org
Support for parents, Parents Empowering Parents: "The PEP Squad."
- **Diabetes Youth Families:** www.dyf.org
Many resources, camp information, peer programs. "Brave Buddies" online support group for parents of children with Type 1 Diabetes.
- **International Diabetes Federation:** www.idf.org
Diabetes information, support, and resources in multiple languages
- **Juice Box Podcast – Type 1 Diabetes:** <https://juiceboxpodcast.libsyn.com>
Free online blog and stories about families managing Type 1 Diabetes
- **Juvenile Diabetes Research Foundation:** www.jdrf.org
Get connected with an adult JDRF volunteer who has diabetes themselves or has a child with diabetes.
- **Kids Health:** www.kidshealth.org
Diabetic facts and myths, dealing with feelings, teen Diabetes Center, etc
- **National Institute of Diabetes and Digestive and Kidney Diseases:** www.niddk.nih.gov/health-information/diabetes
Information on Type 1 and Type 2 Diabetes.

Diabetes Camps

Children and teens with diabetes can still do all the same activities they did before they were diagnosed. Going to camp helps them meet other kids their age who also have diabetes and understand what they are going through.

- **Diabetes Youth Families:** www.dyf.org
 - **Bearskin Meadows Camp**
 - **Additional Programs**
 - *Camp de los Niños*
 - *Weekend Family Retreats*
 - *Campamento Familiar en Español: Family weekend retreat held in Spanish*
- **California Diabetes Association/Nevada Diabetes Association:** www.diabetesnv.org
- **Lions Diabetic Camp at Lake McCumber:** www.mccumberdiabetescamp.org
- **Camp Conrad-Chinook:** www.diabetescamping.org

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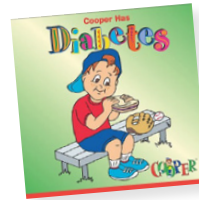
Let's talk about...

Diabetes Book Resource List

Books are a great way to start talking about diabetes with younger kids. They can also help children and teens handle and understand a new diagnosis.



My Sister Rose Has Diabetes
(Beatty Driscoll, Monica | 1997)



Cooper Has Diabetes
(Olson, Karen | 2003)



Jacob's Journey: Living with Type 1 Diabetes
(Kleiman, Deanna | 2016)



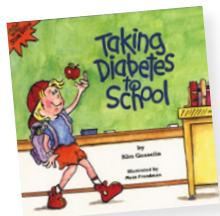
CJ Has Diabetes
(Olson, Karen | 2007)



The Great Katie Kate Discusses Diabetes
(DeLand, M Maitland, MD | 2010)



My Food Chain Diary
(Schoolastic | 1996)



Taking Diabetes to School
(Gosselin, Kim | 2004)

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Let's talk about...

Free Smartphone Apps to Help Manage Your Child's Diabetes

Glucose Monitoring:



Glucose Buddy: This app helps you track your blood sugar, medicine, activity, and A1C. It shows your information in easy-to-read graphs and has a forum where you can talk with others.



mySugr Diabetes Logbook: This app helps you track your blood sugar, carbs, meals, insulin, and activity. It shows the time for each entry and uses graphs to make the data easy to see.

Counting carbs and tracking meals:



My Fitness Pal: This app lets you track what you eat, see your activity, and look at your progress in charts.



Calorie Counter - MyNetDiary: This app helps you look up foods, track activity, set goals, and see your progress in charts.

Games for Kids:



Carb Counting with LennySM: This app makes learning how to count carbs and build meals fun for kids.

Medication reminder:



Medisafe: This app reminds you when to take your medicine and can be shared with more than one user.

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Helping Your Child Cope with Diabetes

Younger age group: Infant to Pre-School

What to Expect	Possible reactions to New Diagnosis
<ul style="list-style-type: none">■ Children look for people they trust to take care of them.■ They may be scared of strangers and new places.■ They like having the same caregivers and a daily routine.■ They are still building strong bonds with their caregivers.■ They learn about the world by seeing, hearing, and touching.■ They like to try doing things on their own.■ They use play to share their feelings, learn, and feel in control.■ As they learn more words, they may connect some words with pain, like saying “owie.”	<ul style="list-style-type: none">■ Babies may show more stress, like looking away, arching their back, or changing how active they are.■ Children may act differently, like being clingier with parents, more afraid of strangers, or fighting care (crying, kicking, or biting).■ They may go back to earlier habits, like changes in eating, sleeping, or using the bathroom, or having stronger reactions to pain.■ They may think diabetes care is a punishment or happens because they were “bad.”

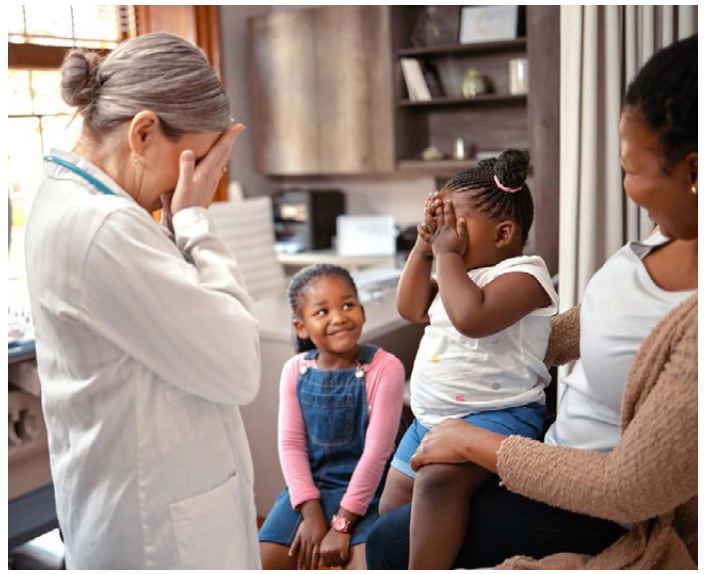
Older age group: School-Age to Teenage

What to Expect	Possible reactions to New Diagnosis
<ul style="list-style-type: none">■ Family and friends are very important to your child.■ Your child may want praise and success to feel good about themselves.■ They may start to want more privacy and independence with daily tasks.■ They learn best when explanations are clear and simple.■ They can understand basic body parts and how they work.■ They may be afraid of new or unknown things and of feeling pain.	<ul style="list-style-type: none">■ They may know other people with diabetes, which can affect how they think about it.■ They may not fully understand diabetes yet.■ They may think they caused their diabetes and need reminders that it is not their fault.■ They may have many different feelings about it.■ They may feel more stressed at first when they learn diabetes is something they will have for life.

Let's talk about...

Ways to Support Your Child With Diabetes Management

- Children notice how caregivers act. Try to stay calm and confident during diabetes care.
- Get all supplies ready before checking blood sugar, giving insulin, or changing equipment.
- Explain what you are doing in simple words before care. Give a warning like “before lunch” or use a 5-10-minute timer.
- Keep a daily routine so your child knows what to expect. Try not to do diabetes care in bed so it stays a “safe space.”
- Let your child hold a favorite item to help them feel comforted.
- Offer simple choices, like where to do a blood sugar check or shot. As they get older, let them help with their care, like pushing the syringe or giving the shot.
- Give your child small “jobs,” like washing hands, holding a bandage, or choosing a distraction. Older children can help with things like counting carbs.
- Use distraction to help them focus on something else, like singing, music, toys, bubbles, deep breathing, or looking at a book.
- Use comfort positions to help your child feel safe and secure.



- Let your child play with medical toys, like giving pretend care to a stuffed animal. This helps them understand and ask questions.
- Read books about feelings and routines to help your child talk about emotions.
- Ask your child to explain what they understand about their care and why it is needed.
- Help your child explain diabetes to friends and others in a simple way, like: “My body needs help using food for energy so I can play and do fun things.”

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