



Neighborhood Health Partners

Living with Your Child's Diabetes

What is Diabetes?

In people with diabetes, the body has trouble using sugar (glucose) in the blood. The result is too much sugar in the blood.

Types of Diabetes:

Type 1: The body does not make enough insulin. Insulin is a hormone that helps the cells in your body to use the sugar in your blood. When a child is diagnosed with diabetes, it usually is type 1. Many people with type 1 diabetes need an insulin shot every day.

Type 2: The body makes insulin, but the insulin does not work the way it should.

Diabetes Warning Signs

- Needing to use the bathroom (pass urine) more often
- Feeling very hungry and thirsty
- Feeling very tired
- Having blurry vision
- Noticing that cuts and bruises take longer to heal

Tests for Diabetes

There are two tests used to find out if a person has diabetes. One is a blood test called HgA1c. A lab test called a fasting blood glucose test also is used.

Other Health Risks

Having diabetes means a person is more likely to have other health problems such as ...

- Heart disease
- Stroke
- Kidney failure
- Blindness
- Foot disease
- Other infections

Tips to Help You Control Your Child's Diabetes

- Check his or her blood sugar at home
- Know the signs of high or low blood sugar
- Make sure your child takes medicines in the right amounts
- Help your child learn foods that raise blood sugar and avoid them
- Eat small, healthy meals as a family
- Encourage your child to be active for at least 15-20 minutes every day
- Tell your child's school about his or her diabetes
- Make sure your child is caught up on vaccines

If your child often has high or low blood sugar or feels faint, call his or her doctor or 911 right away!

Reference Guideline: American Diabetes Association: Standards of Medical Care in Diabetes - 2015. 2015 January. Available at: http://care.diabetesjournals.org/content/suppl/2014/12/23/38.Supplement_1.DC1/January_Supplement_Combined_Final.6-99.pdf