



Nutrition Backpack

Children with Diabetes

Managing your child's diabetes can be difficult when you send them to school. Being prepared, informed and knowing who can help you and your child can put your mind at ease. There are great resources online and in print that can help you develop a plan that will give you confidence in knowing that your child is well taken care of and comfortable at school. See the end of the article for a list of resources.

Once your child has been diagnosed with diabetes, it is important to become knowledgeable about the disease. There are two different types of diabetes and the treatment and care are different for each. The more you know, the more confident you will be. This is also a great time to encourage healthy eating habits with your child. Beginning healthy habits while they are young will make their lives easier as they become adults dealing with diabetes.

Who to contact

- Your child's teacher
- The school nurse
- The Cafeteria Manager and/or Foodservice Dietitian

It is a good idea to develop a School Health Plan with these individuals. Examples can be found online from the Children's Diabetes Foundation.

Always include your child – it is important that they understand the details of their disease and what the plan is while they are at school. They will feel more comfortable knowing who they can go to for help.

Make sure the school has current contact information.

Additional Resources

<http://www.childrensdiabetesfdn.org/index.html>

<http://www.cdc.gov/diabetes/index.htm>

<http://www.kidshealth.org/index.html>