



Sleepovers

Sleepovers can be exciting but also cause stress and anxiety for children with diabetes. However, it is possible to make sleepovers fun and safe for your diabetic child by following simple tips.

1. Communication is Key

Before the sleepover, be sure to communicate with the parent of the other participants about your child's diabetes and ensure that they understand the importance of monitoring your child's glucose (sugar) levels and medication. Bring any necessary diabetic supplies (glucose tabs, lancets, lancing device, test strips, and glucometer) or medical devices (CGMs, Insulin Pump) and educate the parents and other participants about the importance of proper storage and use.

2. Know your Child's Routine

Be aware of your child's daily routine, including typical meal and snack times, insulin dosage, and medication times. To ensure your child's routine remains consistent, prepare a few meals and snacks that your child can take with them to the sleepover.

3. Plan Ahead

Prepare an emergency kit in case of low or high glucose levels. Include snacks your child enjoys that can restore their blood glucose (sugar) levels to normal.

4. Check-Ins

Be sure to check in throughout the night. Let your child know how you can be reached (home phone, cell phone, text, email, etc.). Call or text a reminder to do regular blood glucose checks.

5. Have fun!

Sleepovers are a chance for your child to have fun, so remember to enjoy the moment! Make sure everyone is informed about diabetes and is comfortable with the safety measures you're taking for your child.

Preparation is the key to ensuring everyone a safe and enjoyable time. Proper planning and communication make going to sleepovers an excellent experience.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.