

Let's talk about...

U.S. News
"Best Children's
Hospitals" rankings

Ranked among the
nation's best in five
pediatric specialties



Supporting Children with Needle Related Procedures

Helping a child with a needle related procedure is not always easy. There are ways to make it less scary, while also giving the child a sense of control.

Some tips to keep in mind:

- Children are sensitive to their space and the emotions of others. Aim to stay positive.
- Let your child know what to expect when they need their procedure. Explain honestly why it is needed.
- Have your supplies ready to go before doing your child's procedure.
- Create a routine so your child knows what will happen each time.
- When possible, give choices. For example, your child can choose a comfort position (right), count to three before the poke, watch the poke, or focus on something else, like a video.
- For younger children, there are other ways to help your child focus on something else. You can sing a song, blow bubbles, look at an "I Spy" book, or make up a story.
- To reduce the feeling of the poke, try putting ice or a heat pack where the needle will go before cleaning the skin.
- Ask your Child Life Specialist for more information about medical play.



Comfort Positions



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

Helpful Diabetes Websites

The following websites contain a lot of information. Topics include Diabetes education, recipes, peer-to-peer support, tip sheets, information on managing Diabetes at school, Diabetes support targeted specifically towards parents, kids, and teens, opportunities for community involvement, and much more.

- **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 do the same activities they have done before their diagnosis. The camp setting allows for children and teens to meet other people their age who share a similar experience, being diagnosed with Diabetes.

- **Diabetes Youth Families:** www.dyf.org
 - Bearskin Meadows Camp
 - Additional Programs
 - Camp de los Ninos
 - 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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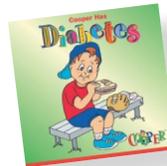
Let's talk about...

Diabetes Book Resource List

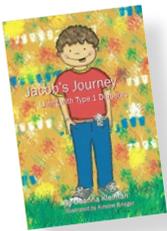
Books are a natural way to introduce talking about Diabetes to younger kids, and they can help children and teens cope with a new diagnosis.



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



Cooper Has Diabetes
(Olson, Karen | 2003)



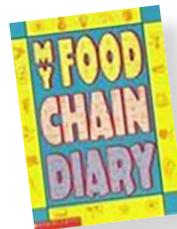
Jacob's Journey: Living with Type 1 Diabetes
(Kleiman, Deanna | 2016)



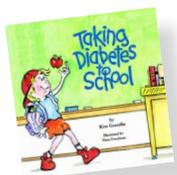
CJ Has Diabetes
(Olson, Karen | 2007)



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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Free Smartphone Apps to Help Manage Your Child's Diabetes

Glucose Monitoring:



Glucose Buddy: Track blood glucose, medications, activity, and A1C. Data shown in graphs. Includes forum.



mySugr Diabetes Logbook: Track blood glucose, carbs, meals, insulin, and activity. Logs include time stamps and data shown in graphs.

Games for Kids:



Carb Counting with LennySM: Provides a fun way for children to begin learning carb counting and meal building.

Counting carbs and tracking meals:



My Fitness Pal: Allows you to track meals, monitor activity levels, and view data in charts.



Calorie Counter – MyNetDiary: Allows you to look up foods, monitor activity levels, set goals, and view data in charts.

Medication reminder:



Medisafe: Get reminders for medications; can also be connected to multiple users.

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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">■ Look for people they can trust and will take care of their needs■ Fear strangers and new unfamiliar spaces■ Want consistency of caregivers and a daily routine■ Are in the process of making a bond and attachment with caregiver(s)■ Learn about the world through their senses■ Like to do things by themselves■ Use play to express themselves, learn, and gain control■ Increase verbal skills, may associate specific words with pain (i.e., "Owie")	<ul style="list-style-type: none">■ Increase in infant stress responses: looking away, arching back, changes in activity level■ Behavior changes such as clinginess to parents, increased stranger anxiety, increased protest of cares (i.e., biting crying, kicking)■ Possible regressive behaviors such as changes in eating, sleeping, toileting, or strong reactions to pain■ May see diabetes cares as a punishment or consequence for being "bad"

Older age group: School-Age to Teenage

What to expect	Possible reactions to new diagnosis
<ul style="list-style-type: none">■ Importance of family and friends■ Recognition and success may be important to your child■ Begin to desire privacy and independence in daily tasks■ Learn best with clear, simple explanations■ Can understand basic body parts and how they work■ Have a fear of the unknown and fear of pain	<ul style="list-style-type: none">■ May know others with diabetes which can impact their view and understanding■ May not understand diabetes well■ May feel like they caused diabetes, may need reminders that it is not their fault■ Can have a wide variety of emotional reactions■ May initially become more stressed as they realize that diabetes is a life-long diagnosis

Ways to Support Your Child With Diabetes Management

- Children watch cues from their caregivers. Try to remain calm and confident when performing diabetic cares.
- Have materials ready before checking your child's blood sugar, giving insulin, and/or changing the infusion set.
- Give your child simple explanations before doing diabetes cares and provide a warning before cares such as "before lunch" or setting a 5-10 minute timer.
- Create a consistent routine so your child knows what to expect and try to not do diabetes cares in the child's bed so this can remain a "safe space."
- Help your child comfort themselves with favorite item(s) to hold or have nearby.
- Provide appropriate choices such as where your child wants the blood sugar check or insulin injection. As they get older, encourage them to participate in their cares, such as pushing on the syringe or giving the injection to their own body.
- Give your child appropriate "jobs" such as washing hands, holding a band aid, and choosing a distraction activity. As they get older, jobs can include carb counting.
- Use distraction techniques to help your child focus on something else (e.g., sing a song, listen to music, provide light-up toys, play peek-a-boo, blow bubbles, take deep breaths, or look at a picture book).



- Use Comfort Positions.
- Allow opportunities for safe medical play such as acting out diabetes cares on a stuffed animal. This can help a child understand their cares better and help you see any misconceptions the child may have.
- Read books with your child about emotions and care routines to support expression of feelings.
- Ask your child to explain their understanding of steps and why diabetic cares need to happen.
- Help your child find ways of sharing their diagnosis with friends, classmates, and family to ease transition back to school and in the community (e.g., "My body needs help turning my food and drink into energy so I can still do fun things!").

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