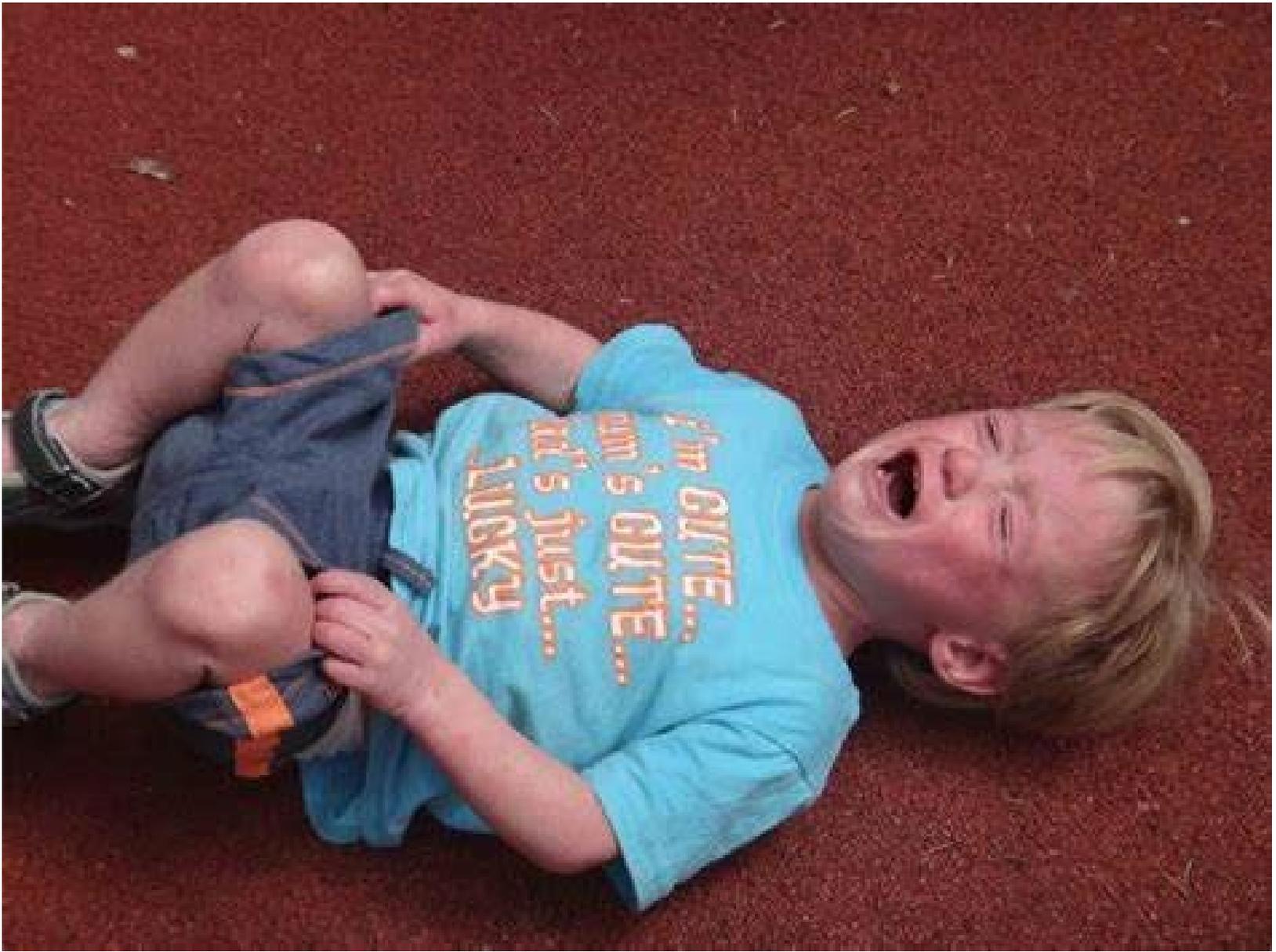


Toddlers and Diabetes: Riding the Roller Coaster Together

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Acknowledging the Difficulty

- Caring for a toddler with diabetes is not easy, recognize your super powers
- Accepting help from your family, your community, your friends, or within the diabetes community can provide supports
- Speaking with other parents or guardians may help to lower anxieties and provide some helpful tips and tricks you have not tried.



Planning Ahead

- Planning ahead for trips out of the house may help to prevent stressors to the family and help you feel secure.
- Let's look at **different** situations on the slides ahead that we can prepare for when traveling, even a short distance, with a toddler:

- Lows: Hypoglycemia
- Highs: Hyperglycemia
- Hungry
- Bored
- Dirty/Messy



Planning Ahead- Hypoglycemia

- Be prepared to treat a low at anytime
- Remember toddlers are always on the move which burns energy
- Pack several types of low snacks as toddlers can be come particular when low or feeling grumpy
- Think about the climate for that day to prevent messy situations
- Always pack Glucagon[®], Glucagen[®], G-Voke[®], Baqsimi[®], or Zegalogue[®] with you

Examples:

- 4 ounces of juice
- Cake icing/gel
- Glucose gel
- Fruit gummies
- Glucose shot
- Applesauce



Planning Ahead- Hyperglycemia

- Hyperglycemia can occur quickly in a toddler for a wide variety of reasons.
- While it is important to have some key supplies on hand, it is also important to ask yourself a few questions when your child has a high blood sugar:
 - When did my child last eat?
 - When did my child last receive insulin?
 - Did my child receive any food with carbs and no insulin?
 - Has my child been sick or is my child showing signs they are becoming ill?
 - Does my child have an insulin pump and I have given a bolus, but the blood sugar has not come down for several hours.
 - Has the pump site become detached?

Planning Ahead- Hyperglycemia

- When did my child last eat? When did my child last receive insulin?

If your child has eaten in the last one to two hours after food and insulin have been given, the insulin is most likely still in the body working. Depending on when insulin was given in relation to when food was eaten and the type of food consumed (such as a higher fat content, think of cheese), the blood sugar level may stay higher a little longer. Consider giving a bolus or injection of insulin to treat hyperglycemia before a meal if you need to give insulin for carbs after the meal (for example a child who grazes a little more or is particular). Make sure that the child is given no more than 30 minutes to eat their meal, then go ahead and give the insulin for the carbohydrates.

- Did my child receive any food with carbs and no insulin?

Think back... Were any snacks with carbs eaten without insulin given? Toddlers often enjoy helping themselves to delicious snacks.

- Has my child been sick or is my child showing signs they are becoming ill?

Illness can contribute to an increase in blood sugar levels leading to the need to monitor blood sugar levels and ketones more closely.

- Does my child have an insulin pump and I have given a bolus, but the blood sugar has not come down for several hours.

- Has the pump site become detached?

You may need to switch to injections with a pen and change the pump site until blood sugar levels return to normal.

Check ketones when your child is ill, or when blood sugar levels remain above 250mg/dL greater than 2 checks.

"I told him he doesn't need sunscreen
when it's raining."



Planning Ahead- Hungry, Bored, Dirty or Messy

- Plan for snacks and meals:

- Consider the climate
 - Do you need a cooler
- Take a sippy cup or two



- Toddlers may need a snack or a small meal if away from home for more than an hour or two.
 - Toddlers with diabetes should always have snacks ready for a low, but to also stabilize blood sugar levels after they have recovered from the low.

- Take a bag with you containing portable developmentally appropriate toys and activities

- Books, plastic dinosaurs, dolls, coloring (consider hot day), blocks
- If you are traveling in a car, you may want to consider noise level of toys

- Be prepared for messes

- A change of clothes can always allow for extra comfort, especially on a long trip
- If your toddler is not completely potty trained or recently diagnosed, consider a pull up for a long drive
 - Discuss the reason for this with your toddler so they understand why they are wearing the pull up to prevent accidents
- Wipes can be helpful for hands, faces, and bottoms
 - If your child is sensitive to wipes or if you are working toward reducing waste, consider damp clothes placed in re-sealable re-usable bags.

Tips for Toddlers

- Use the tell, show, do method with toddlers
 - Don't let your toddler have too much time to think about something
 - Set a timer, like a kitchen timer or Alexa timer
 - Work swiftly when checking blood sugar levels, changing a pump site, or giving a shot
 - Remain calm (I know, easier said than done)
 - Reassure your child the whole time you are performing a diabetes activity
 - Give reassurance again when the diabetes activity is over. A hug, a sticker, or a compliment, i.e. Good Job!
 - Comfort holds and comfort items
 - Establish routines
 - Appropriate distractions, enlist the help of an older sibling or partner



Products for Comfort

- Buzzy the Bee
- Jerry the Bear
- Numbing creams
- Ice Cold Spoons or Ice Packs
- Rufus the Bear

Other Ideas

- Let your child help when appropriate
- Consider “bingo” when selecting a finger for blood sugar check or injection
- Consider diabetes technology early
- Don’t “overshoot” lows
- Low symptoms may look different in your toddler