**SLEEPOVER GUIDE**

Aside from their jammies, pillow, favorite blanket or stuffed animal, kids with diabetes have to pack a bit more to ensure a safe and fun sleepover!

**HERE ARE RECOMMENDED ITEMS A CHILD LIVING WITH DIABETES MAY WANT TO TAKE WHEN HEADING OVER TO A FRIEND’S HOUSE:**

- Couple of extra infusion sets (and any inserter required)
- Reservoir
- Low blood sugar treatment options including glucose tabs, glucagon, or juice
- A vial of insulin
- A few syringes in case of a pump failure
- Glucometer
- Test strips
- Back-up AA battery for their pump
- Any low-carb drinks or snacks your child may prefer as a special treat
- Extra sensor and serter (if using a continuous glucose monitor)

Check in with the host parents to let them know the plan and ensure they are comfortable.

**MY CHILD HAS TYPE 1 DIABETES. HERE ARE SOME THINGS YOU MAY NEED TO KNOW:**

Some common signs of a **low** blood sugar are:
Lethargy, dizziness, cold sweats, lack of focus/confusion, feeling faint

We’ve worked with our healthcare provider to identify these symptoms as indicating a low blood sugar for our child:

______________________________

______________________________.

Here are low blood sugar treatment options recommended by our physician:

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______________________________.

If you suspect a low or high blood sugar, confirm using a blood glucose (BG) test.

Some common signs of a **high** blood sugar are:
Excessive thirst, frequent urination, nausea

We’ve worked with our healthcare provider to identify these symptoms as indicating a high blood sugar for our child:

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Treating high blood sugar requires insulin, our protocol is:

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Should my child want an additional snack, please

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______________________________.

My cellphone number is ________________________.

If you cannot reach me in the case of an emergency, please contact ________________________ (name) at ________________________ (number).