Type 1 diabetes is a serious medical condition that requires careful attention. In the rare event that my child loses consciousness or you cannot reach any emergency contacts, call 911.

Sleepover guide

Aside from their jammies, pillow, and favorite blanket or stuffed animal, kids with diabetes have a bit more to pack to be safe and prepared. But that doesn’t mean they can’t still have a fun sleepover!

Here are recommended items a child living with diabetes may want to take when heading over to a friend’s house:

General diabetes items:
• Glucometer
• Test trips and testing supplies
• Low glucose treatment
• Low-carb drinks or snacks

Extra supplies for pump therapy:
• Extra sensor, serter, and tape
• 1-2 extra infusion sets and serter
• Extra reservoir
• Backup AA battery

Backup supplies in case of a pump failure:
• Rapid-acting insulin, pens and pen needles, and doses for food and correcting high glucose
• Long-acting insulin and dose

Check in with the sleepover hosts to ensure they’re comfortable.

My child has type 1 diabetes. Here are some things you may need to know:

Some common signs of a low glucose (below 70 mg/dL) are: Lethargy, dizziness, cold sweats, lack of focus/confusion, feeling faint

I’ve also identified these symptoms as indicating a low glucose for my child:
__________________________________________
__________________________________________.

Treating a low glucose requires a snack.
For my child, this means:
__________________________________________
__________________________________________.

Should my child want an additional snack, please provide the following:
__________________________________________
__________________________________________.

Some common signs of a high glucose (above 180 mg/dL) are: Excessive thirst, frequent urination, nausea, fatigue

I’ve also identified these symptoms as indicating a high glucose for my child:
__________________________________________
__________________________________________.

Treating a high glucose requires insulin.
For my child, this means:
__________________________________________
__________________________________________.

If you suspect a low or high glucose and/or the sensor glucose readings are different to what my child says they are feeling, confirm using a blood glucose (BG) test.

If you have any questions, you can call ☐ / text ☐ me at _________________________ (number). In case of emergency and you cannot reach me, please contact _________________________ (name & relation) at _________________________ (number).

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