

About My Child's Diabetes:

My child has Type 1 Diabetes, an autoimmune disorder that makes them insulin dependent. That means they need insulin with all food, and we have to monitor them to be sure that their blood sugar is in a safe range.

When my child is low, they:

- Complain that they are hot
- Act very tired and lethargic
- Are not able to focus well
- Appear very pale

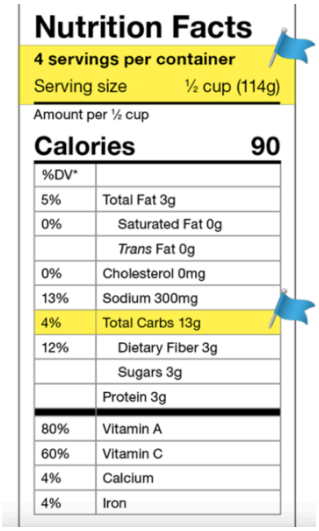
If you see these symptoms, please check their blood sugar!

• A safe blood sugar is between 80-180. We are more concerned with lows. If they are below 80, **they must eat** [*insert child's best low supply*] immediately. **You do not need to check in with parents before you treat a low.** Recheck their sugar after 15 minutes to be sure that they have come back into range. If they have not, please give more [*low supply*]. Please also call parents/guardians if you are treating for a low.



• If my child is over 200, please enter their blood sugar into the pump to see if there is a correction. If the CGM is reading HIGH, please contact me.

• My child is wearing a XX-brand pump and a XX Continuous Glucose Monitor (CGM) that allows me to always read their blood sugar through an app.



Nutrition Facts

4 servings per container

Serving size ½ cup (114g)

Amount per ½ cup

Calories 90

%DV*	
5%	Total Fat 3g
0%	Saturated Fat 0g
	Trans Fat 0g
0%	Cholesterol 0mg
13%	Sodium 300mg
4%	Total Carbs 13g
12%	Dietary Fiber 3g
	Sugars 3g
	Protein 3g
80%	Vitamin A
60%	Vitamin C
4%	Calcium
4%	Iron

• I will label any food I send with a carb count so you will know how much to dose. If you offer food that I don't send, please read the label. Here, you can see an example of what to look for: Note that one package may have many servings and the carb count on the packaging will be for only one serving

Contact Info:

Mom: (xxx) 555-1212

Dad: (xxx) 555-1234

Grandparents: (xxx) 555-1213

Other caregivers: (xxx) 555-1213

Babysitters: (xxx) 555-1213