



Sleepover guide

Sleepovers with type 1 are totally doable – it just takes a parent who packs thoughtfully and a host family who knows what to look out for. Everything else? Pure sleepover chaos, just the way it should be.



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

General diabetes items:

- Glucometer
- Test strips and testing supplies
- Low glucose treatment
- Low-carb drinks or snacks

Extra supplies for pump therapy:

- Extra sensor and tape (if needed)
- 1-2 extra infusion sets
- Extra reservoir
- Backup AA battery (if needed)

Backup supplies in case of a pump issue:

- Long-acting and rapid-acting insulin with dose amounts
- Insulin pens (and pen needles) or syringes

My child has type 1 diabetes and requires insulin.

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, please 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).

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.