



#TALKTYPE1

PARENTS' GUIDE

HELPING YOU CARE
FOR YOUR CHILD

JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

ABBIE AND SUBASH HAVE TYPE 1 DIABETES. THEY ARE STILL LIKE OTHER CHILDREN; THEY CAN PLAY AND GO TO PARTIES JUST LIKE EVERYONE ELSE.



They just need a bit of extra help to manage their blood glucose levels, to plan snacks and mealtimes a bit more carefully and to know that an adult is aware of the signs that they might be getting unwell. Some people think that type 1 diabetes is contagious, that you get it by eating sweets and sugary food or from being overweight. All these are wrong.

THE FACTS ABOUT TYPE 1 DIABETES

- Type 1 diabetes affects around 400,000 people in the UK, approximately 29,000 of them are children.
- Incidence is increasing by about four per cent each year particularly in children under five. There has been a five-fold increase in this age group in the last 20 years.
- Type 1 diabetes is when the body can't regulate blood glucose levels on its own.
- It happens because the body's own immune system attacks cells in the pancreas that produces insulin. It can occur at any age, but is often diagnosed during childhood. There is currently no cure.
- Nothing the child or their parents did or didn't do could have prevented their diagnosis.
- Children with type 1 diabetes rely on multiple daily insulin injections or pump infusions every day, just to stay alive.
- A child diagnosed with type 1 diabetes at the age of five faces up to 19,000 injections and 50,000 finger prick tests by the time they're 18.
- Type 1 diabetes should not be confused with type 2 diabetes, which is usually diagnosed in adults and can be associated with lifestyle factors, such as body weight. Type 2 diabetes can sometimes be controlled in its early stages by a healthy diet and lifestyle, it also needs careful monitoring and usually needs other treatments, including tablets and sometimes even insulin injections later on.

If you'd like to find out more about type 1 diabetes and how it affects children like Abbie and Subash, visit jdrf.org.uk



CHILDREN NEED TO MANAGE THEIR TYPE 1 DIABETES BY REGULARLY TESTING THEIR BLOOD GLUCOSE (SUGAR) LEVELS AND TAKING INSULIN INJECTIONS, ALTHOUGH SOMETIMES THEY MAY NEED A BIT OF HELP. BY DOING THIS AND PAYING CAREFUL ATTENTION TO WHAT AND WHEN THEY EAT, THEY CAN ENJOY AN ACTIVE SCHOOL AND SOCIAL LIFE.

CAN ABBIE COME AND PLAY?



Yes! As long as her blood glucose levels can be checked beforehand to make sure she's OK, and that they won't go too low while she is playing. She might need a snack if she's going to be very active. Have a chat with her mum or dad beforehand to confirm what would work best.

CAN SUBASH STAY FOR TEA OR COME OUT TO EAT?



Yes! It's probably a good idea to talk to his mum or dad about what and how much he should have to eat. The carbohydrate he eats will be broken down into glucose, which insulin lets into his cells to give him energy. Some things contain more carbohydrates than others, which he needs to watch out for, so that he takes the right amount of insulin. But Subash can eat the same balanced diet as everyone else, with occasional treats and sweets.

CAN ABBIE STAY FOR A SLEEPOVER?

Yes! Her parents will probably want to have a chat first and might even have a checklist they can share to make sure everyone knows about how and when Abbie checks her blood glucose levels, takes her insulin and what to do if she starts to feel unwell.



Sometimes, their blood glucose levels can become unbalanced and there is the danger of hypoglycaemia (low blood-glucose levels) or hyperglycaemia (high blood glucose levels). Speak to their parents about how to manage this.



EMERGENCY CONTACT INFORMATION

PLEASE FILL OUT YOUR DETAILS BELOW:



Parent/Guardian:

Address:

Work/home phone:

Mobile phone:

Additional information:

Lilly and JDRF have collaborated to produce the schools pack. The schools pack has been developed by JDRF and supported by Lilly, who has reviewed the content for medical accuracy only.

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