

Diabetes means that this child's pancreas does not make enough insulin. Without insulin, food cannot be used properly. A child with diabetes must take daily injections of insulin and must balance his food and exercise.

An insulin reaction may occur if the blood sugar gets too low – especially before meals or after exercise.

WARNING SIGNS OF INSULIN REACTIONS

Paleness

Perspiring

**Shaky,
Nervous**

**Headache,
Nausea,
Stomachache**

**Changes of mood,
Confusion,
Irritability**

This child(_____) usually behaves as follows when having a reaction:

If this happens, immediately give the child sugar in the form of:

Sugar – 2 packets or 2 teaspoons **or**

Fruit juice – 1/2 to 2/3 cup **or**

Soft drink (NOT diet or sugarless) – 1/2 to 2/3 cup **or**

Candy – 6 or 7 lifesavers or jelly beans **or**

or _____

You will find this supply of sugar

Repeat the above feeding if the child does not improve in 10-15 minutes.

Follow with a snack.

If the child does not improve after eating the snack, the parents should be called.