Together For Kids and Families

CHILD CARE PREPARED… for DIABETES

INFORMATION FOR THE LICENSED CHILD CARE PROVIDER

Provide a supportive and attentive environment for the young child with diabetes. The child may show little outward sign of (what could be) dangerous changes in blood sugar status. Adults caring for the young child with diabetes must learn to recognize and quickly respond to early signs of severe drops or excessive elevation of blood sugar.

Identify and train all staff members who have responsibility for the child with diabetes. Include drivers and helpers in your child care setting. Having a written diabetes action plan for the child, complete with information from parent and medical provider, will help guide what staff must know and do to help the young child with diabetes.

All personnel caring for the young child with diabetes must be prepared to recognize and respond to signs of low blood sugar; how to test blood sugar level; understand the importance of regular food and fluid intake; the appropriate actions to take if the child shows symptoms of high blood sugar; and know how to safely and correctly administer medications.

Encourage parents to keep you updated with current emergency contact information in case their child has an emergency while in child care. Remind parents of this on a regular basis.

Keep all medication products locked when not in use, and safely out of the reach of children. Administer all medications on time and in the correct dose. Perform blood sugar tests and provide meals and snacks at scheduled times.

Make sure emergency contact information and medication go on outings with the child, as well as a cell phone or other means of calling for help if needed. If the child is not already wearing one, recommend to the parent to have the child wear a medical identification bracelet when away from home and parent.

Managing diabetes with a young child is a partnership effort between parents and child care provider. Parents will provide all supplies, a diabetes action plan, and help with training.

Talk with parents regularly about any changes in the child's diabetes condition or treatment plan. In turn, keep parents informed with details about blood sugars, medications, and any other concerns at child care.

Children with chronic health conditions can learn to participate in, and master, their own self care. This process can begin early with helping the child to learn and use words to let an adult know if they feel funny. Children can learn to speak about their condition, help with steps of checking blood sugar, and help with medications at an early age, with supervision and help. The degree of independence will emerge over time, and varies by child.

Be prepared to call 911 if the child has symptoms that are rapidly getting worse, fails to get relief from fast-acting carbohydrates, or becomes unresponsive.

Respect the privacy of children and their families and do not discuss or share information about individual children's needs inappropriately.

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DIABETES RESOURCES FOR CHILD CARE PROVIDERS

HIGHLY RECOMMENDED AND FREE:

Resources from the Nebraska Diabetes Prevention and Control Program at the Department of Health and Human Services:
http://www.dhhs.ne.gov/diabetes/

National Diabetes Education Program: Resources for Diabetes in Children and Adolescents:
http://ndep.nih.gov//media/Youth_ResDirectory.pdf

Overview of Diabetes in Children and Adolescents:
http://www.ndep.nih.gov//media/Youth_FactSheet.pdf.

American Diabetes Association:
www.diabetes.org and
www.childrenwithdiabetes.com

Find a sample diabetes action plan:
http://www.diabetes.org/assets/pdfs/schools/ndep_schoolguidequickreference.pdf

California Child Care Health Program: Diabetes in the Child Care Setting:
http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/diaben081803_adr.pdf and
http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/diab_en0909.pdf

NE Early Childhood Training Center:
http://www.education.ne.gov/oec/ectc.html
Children with Special Needs in Early Childhood Settings: Identification, Intervention, Inclusion by Paasche, Carol L, Gorrill, Lola, and Strom, Bev. 2004.

National Resource Center for Health and Safety in Child Care and Early Education:
http://nrckids.org/

Caring for Our Children, 3rd Ed.
http://nrckids.org/CFOC3/index.html/ See Standard 4.3.0.8: Feeding Plans and Dietary Modifications.

Resources from the American Academy of Pediatrics:
http://www.aap.org/healthtopics/diabetes.cfm

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http://www.dhhs.ne.gov/publichealth/Pages/lifespanhealth_together-kids-families.aspx *and*
http://www.dhhs.ne.gov/publichealth/Pages/lifespanhealth_childcarehealthconsultation.aspx