

Solutions for Common Concerns:

1. Your student may ask to use the bathroom more often...

Explanation: High blood sugar levels may cause increased urination.

Solution: Allow your student to go whenever he asks.

2. Your student may suddenly act lethargic or confused, she may put head her down on the desk or complain about weakness...

Explanation: This is a sign of low blood sugar.

Solution: Make sure your student immediately consumes a quick acting form of carbohydrate (juice, regular soda, etc.). Ask the student's parents to provide a supply that can be stored in your classroom.

Answers to Common Questions:

1. What do we do when we have a classroom party? Can my student eat what everybody else eats?

Answer: Let parents know what will be served when you announce a party. Most often they can work typical party foods into the student's meal plan – even sweets!

2. My student wants to check his blood sugar at his desk. Is that safe?

Answer: Yes! It is medically preferable to permit students to check their blood glucose level and respond to results in the classroom or at any other campus location. It keeps the student safe and reduces the amount of missed classroom time.

3. How frequently does a child with diabetes have to check their blood glucose?

Answer: Students should check before eating snacks or meals, before physical activities, and whenever they have symptoms of high or low blood glucose. Many students also check before academic exams and tests.