

TEACH YOUR CHILD ABOUT DIABETES

1. Introduction

These resources are designed to help you talk about diabetes with your child. They feature Lauren, who is three and has diabetes, and is the sister of Danny. They are aimed at children under five, but may sometimes be useful for older children.

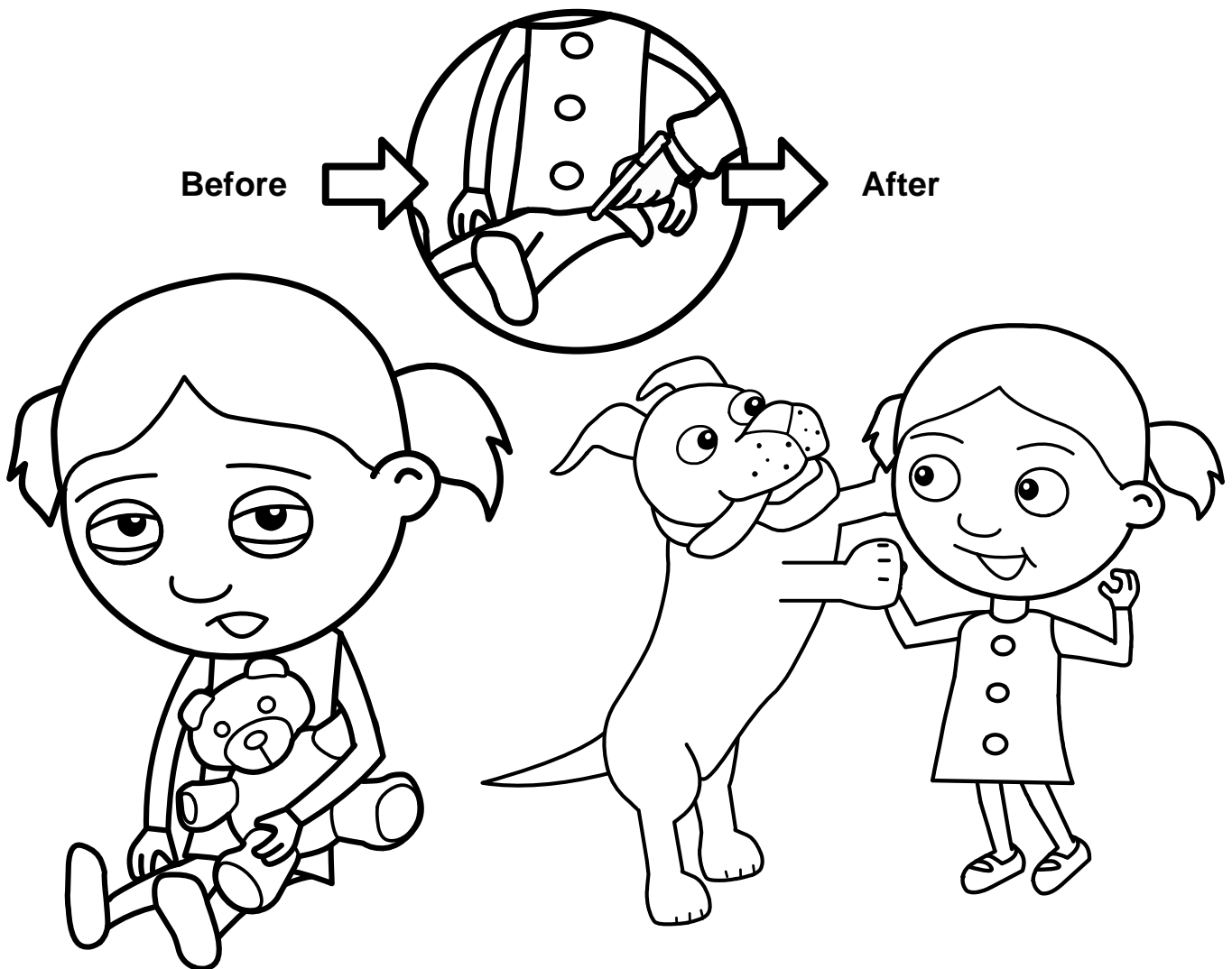
There are 10 resource sheets in this set, covering the basic aspects of living with diabetes. You can use the resource sheets individually, or work through the series. Each resource sheet has instructions on how to use it, and can be coloured in by your child.



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2. Treatment

Get your child to colour in these pictures, and talk to him/her about the symptoms he/she had before you knew they had diabetes. Explain that the insulin injections make them feel better, and they need to carry on taking the insulin otherwise they will feel poorly again.



Feeling poorly without your insulin

Feeling better with your insulin

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3. Blood glucose testing

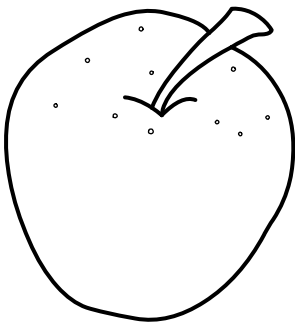
Get your child to colour in the picture, and use it to talk about why you need to test blood glucose levels and the numbers that you are aiming for.



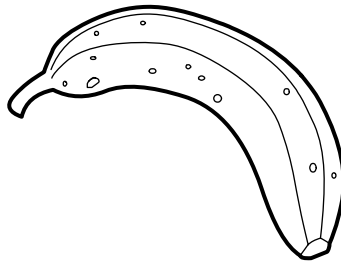
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4. Fruit and Vegetable Bingo Game

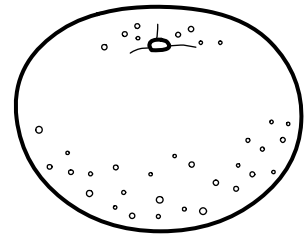
Get your child to colour in the pictures and then cut out the bingo card for them. Once they have eaten some of the fruit / vegetable in the box, cross the box through. Use this game as a way of encouraging your child to eat fruit and vegetables. You could even give them a treat once they have crossed out all the boxes.



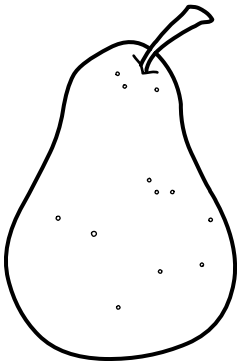
Apple



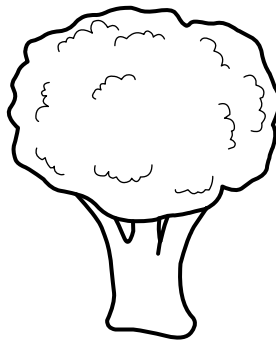
Banana



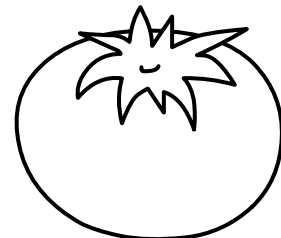
Orange



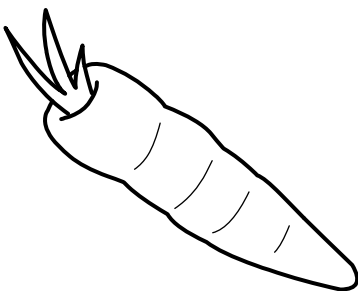
Pear



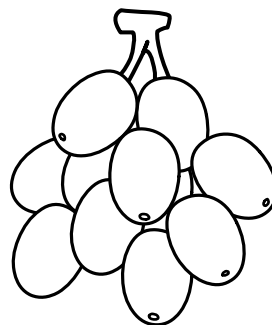
Broccoli



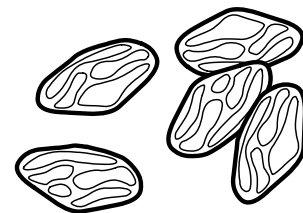
Tomato



Carrot



Grapes

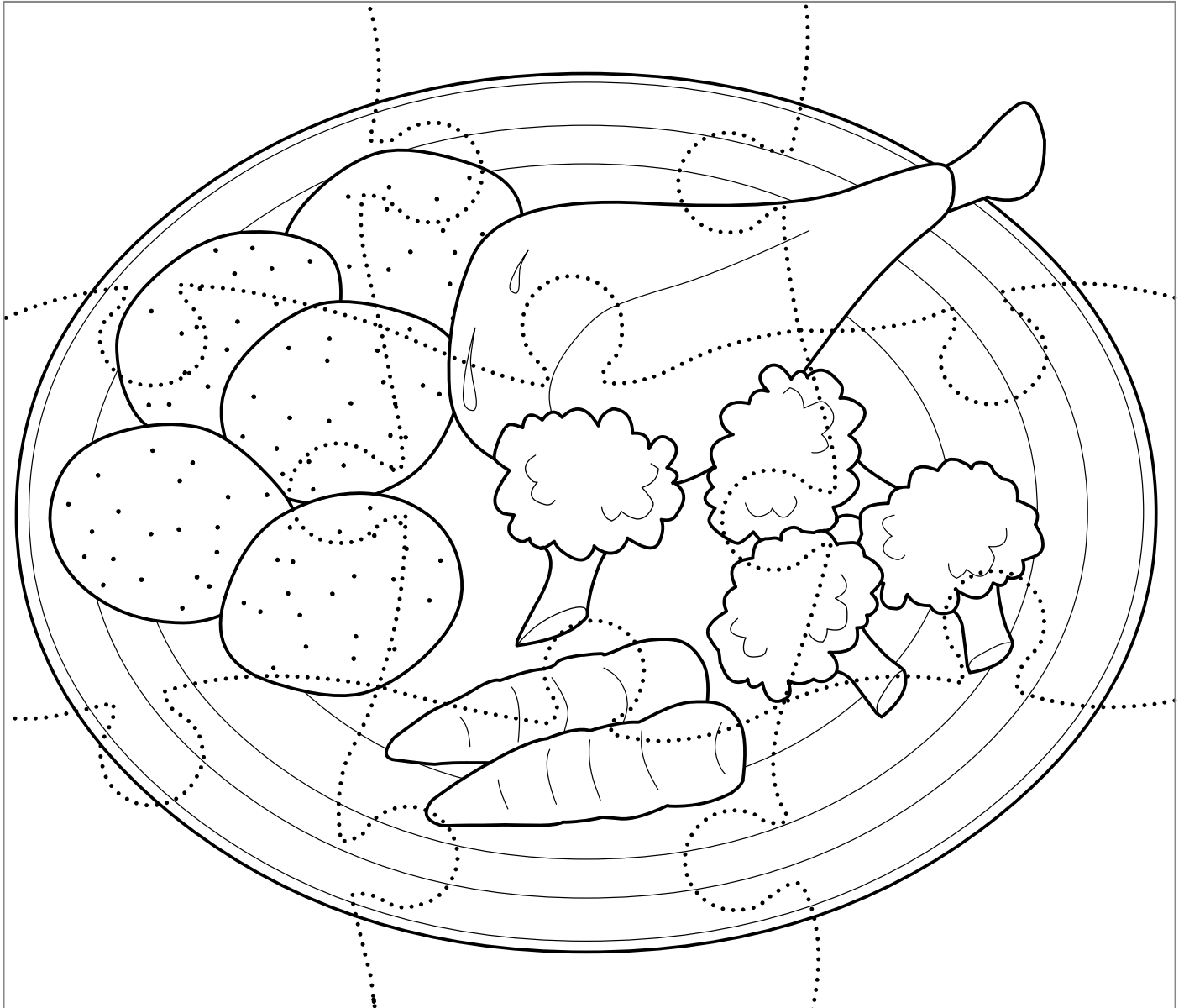


Raisins

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5. Healthy, balanced meal jigsaw

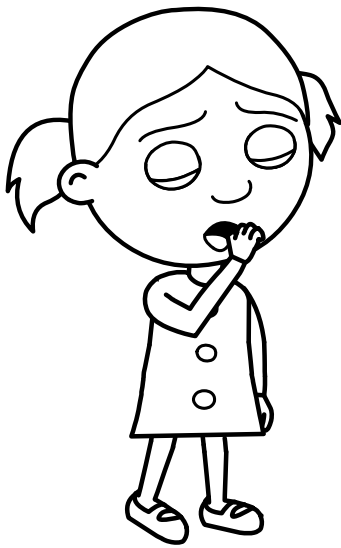
Get your child to colour in the picture and then cut along the dotted lines to make a jigsaw. Use this resource to talk about how important it is to eat healthy balanced meals.



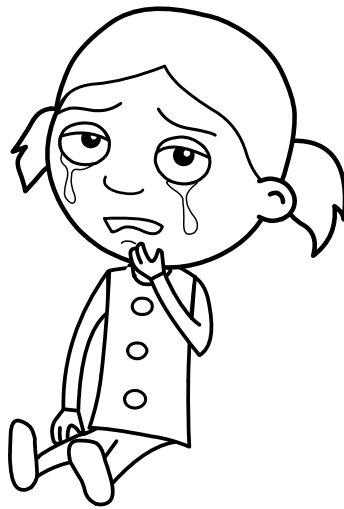
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6. Hypos - feelings

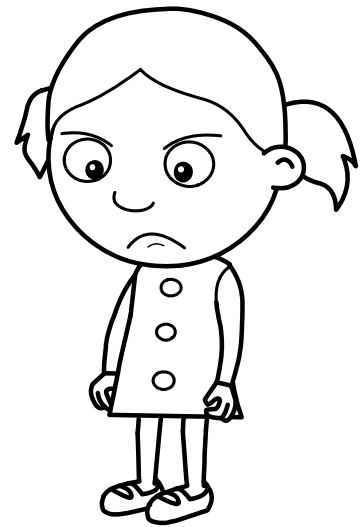
Get your child to colour in the pictures and use them to talk about how they feel when they go hypo. Try to identify their individual symptoms, but remember that it can be difficult for children of this age to explain these types of feelings. You could also ask your child to draw a picture, on a separate piece of paper, of how they feel when they have a hypo.



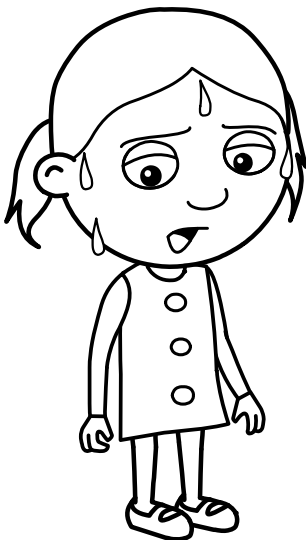
Sleepy



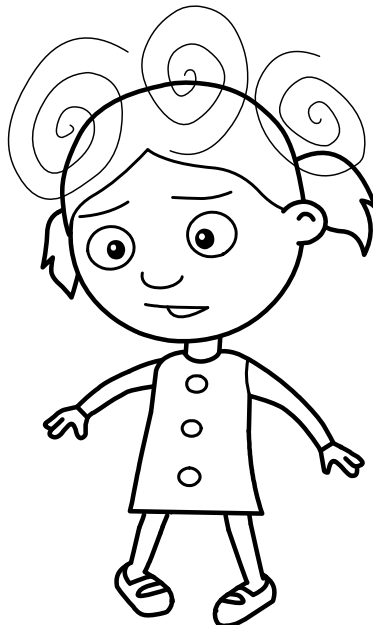
Teary



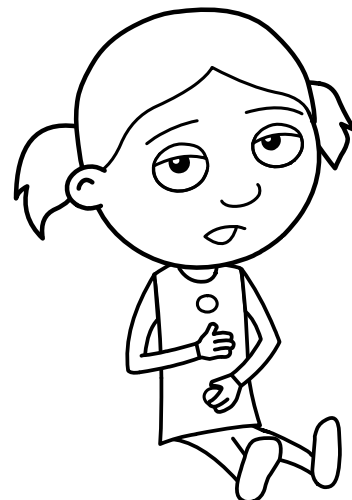
Cross



Sweaty



Dizzy

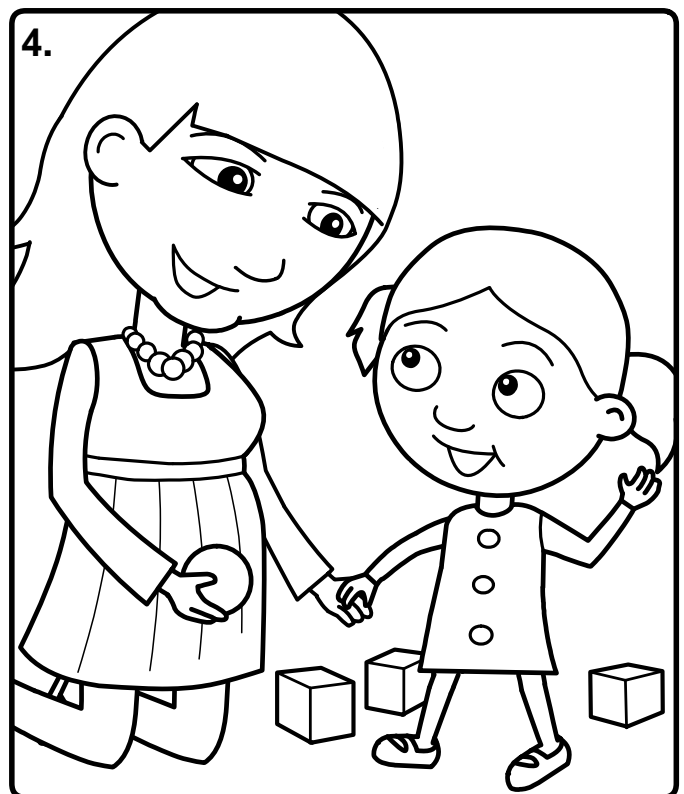
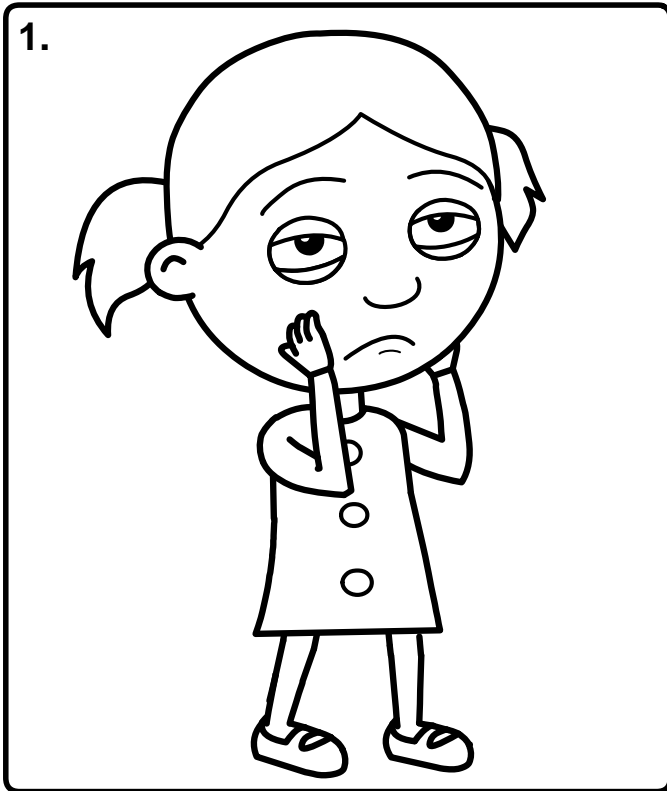


Hungry

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7. Hypos - treatment

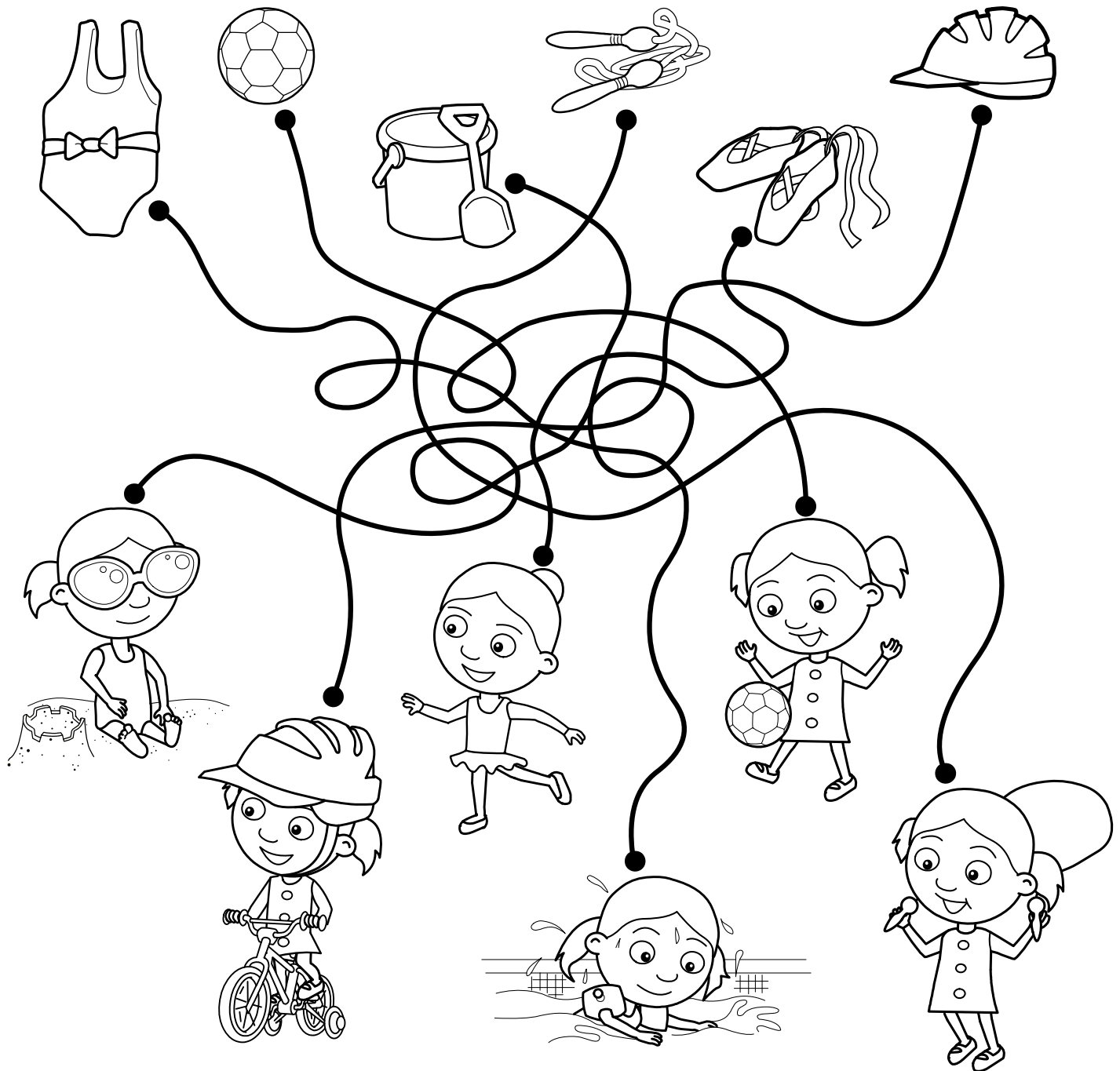
Get your child to colour in the pictures and use them to explain how you treat a hypo.



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8. Physical activity - puzzle

Ask your child to follow the lines to see which object is associated with which activity. Use this puzzle to encourage your child to be interested in physical activity and to help them think of the types of activity they might enjoy.



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9. Physical activity - diabetes doesn't hold you back

Get your child to colour in the picture and use it to explain that they can still do all these fun and active things now they have diabetes, and how physical activity is good for all of us because it helps the body stay well.

