



(6-11 YEARS OLD)

I AM A SCHOOL AGE CHILD

How I manage my diabetes:

- I can help make decisions about my care (where to check my BG or give insulin)
- I can help with carb counting
- I can choose coping strategies
- I can start to tell you when I have a high or low BG
- I can help with my pump

At this age...

- Being with friends is important to me
- I like to talk about myself and things I like
- I enjoy learning how things work
- I am starting to learn about my feelings and how to manage them
- I'm starting to want more privacy

Fun Distractions:

- Make up a story with me
- Take deep breaths w/ me
- Sing a song with me
- Help me imagine a favorite place
- "I Spy" or pop-up books
- Offer me some fidget toys (stress ball)

How you can help me with my diabetes:

- Give honest, clear answers to my questions
- Reassure me it's not my fault that I have diabetes
- Give me independence and privacy when you can
- Give me a 5-10 minute warning before you do anything
- If something's not a choice, please don't ask me a "Yes/No" question. Instead, give me reasonable choices between 2 things (ex. "Do you want to check with your left or right hand?")