

Living with Diabetes

Family Education Handbook



Seattle Children's®
HOSPITAL • RESEARCH • FOUNDATION

Table of Contents

Cover sleeve

Release of Information (ROI) for School form

Going Home Blood Glucose Food and Insulin Log

Juvenile Diabetes Research Foundation (JDRF) Bag of Hope form

Part 1

Living with Diabetes Family Education Part 1 class slides

Carbohydrate counting, blood glucose monitoring, insulin, injections, hypoglycemia, supplies checklist

Part 1 Handouts

Disposal of Sharps

Insulin Injection Sites

How Do I Inject with an Insulin Syringe?

Hyperglycemia - illustrated symptoms of high blood glucose

Hypoglycemia - illustrated symptoms of low blood glucose

Medical Alert ID

Part 2

Living with Diabetes Part 2 class slides

Advanced carbohydrate counting skills, insulin dose calculations and 3-hour "rule," sick days/ketone management, physical activity guidelines

Part 2 Handouts

Insulin Dose Calculating Worksheet

Basal-Bolus Insulin: Long-Acting and Rapid-Acting Insulin Therapy

Sick Days/Ketone Management

Exercise Checklist

Diabetes Care Quick Guide

Blood Glucose Log

Why the Diabetes Team Visit?

About A1c

Continuous Glucose Monitoring (CGM)

Nutrition Handouts

15 Gram Carbohydrate Food List

Reading Food Labels

Going Home Blood Glucose Food Insulin Log

Going Home Food Plan

Snack Ideas for Kids with Diabetes

Social Work

Living with Diabetes - social work slides

Research

Diabetes Research slides

Recruitment flyer - Join a Study

Back cover sleeve

When to Call Your Diabetes Team