

# Living with Diabetes: a 2-day class for your family



If your child develops vomiting or abdominal pain, or is getting worse:

Call our Emergency Department at 206-987-8899 or go to the closest emergency department

If your child received insulin today and becomes shaky, sweaty or confused:

Give them 4 to 6 ounces of fruit juice and go to the closest emergency department

If your child loses consciousness:

Call 911

You and your child will attend a 2-day class that teaches you how to care for your child's diabetes.

**DAY  
1**

You must attend Day 1 immediately, because of your child's medical condition.

Day 1 Class: \_\_\_\_\_

7:30 a.m. to 4 p.m.

Sand Point Clinic  
4575 Sand Point Way NE

**DAY  
2**

You must take Day 2 within one week.

At the end of Day 1, we will help you schedule Day 2.

## WHAT TO DO

### The day before your Day 1 class:

- Ask all other caregivers to attend the class with you and your child or teen.
- Clear your schedule.
- Arrange childcare for other kids for the day of class.
- Make sure your child drinks a lot of water and avoids sweet drinks like juice and soda.

### The morning of your Day 1 class:

1. Pack and bring:
  - Your child's insurance and prescription cards and medication
  - Lunch for yourself and other caregivers. (We will prepare your child's lunch and snacks.)
  - Toys, homework or other distractions for your child
2. Feed your child breakfast at home, avoiding sweet drinks and foods. This is very important in case we do a blood test or other test.
3. Come to Sand Point Clinic, at 4575 Sand Point Way NE and enter at the north side of the building (by the traffic light). Parking is free in the lot. **Check in no later than 7:30 a.m.** If you are more than 15 minutes late, we may need to reschedule.

1 of 2

### To Learn More

- Endocrinology  
206-987-2640
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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## WHAT TO EXPECT

Your class will be with diabetes educators, and there may be other families there, too.

### You and your child will learn how to:

- Test blood glucose using a glucometer
- Shop for healthy foods and plan meals
- Measure food portions
- Count carbs
- Give insulin shots and use an insulin pen

### You will meet the medical staff. You'll have:

- An appointment with a medical provider who specializes in hormones like insulin, which controls glucose in the blood.
- A 1-hour meeting with a social worker, who can help you find solutions to your non-medical needs as you manage your child's diabetes.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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