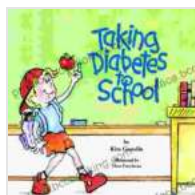


# Taking Diabetes To School: A Comprehensive Guide for Students with Diabetes and Their Families

Diabetes is a chronic condition that affects millions of people worldwide. For children and adolescents, managing diabetes in the school setting can be a challenge. Taking Diabetes To School provides comprehensive information on how to manage diabetes in school, including tips on how to talk to teachers and classmates, how to handle blood sugar emergencies, and how to stay organized.

## Chapter 1: Talking to Teachers and Classmates

One of the most important things for students with diabetes to do is to talk to their teachers and classmates about their condition. This will help to ensure that they understand what diabetes is and how it affects them. It will also help to create a supportive environment in which students with diabetes can feel comfortable managing their condition.



### Taking Diabetes to School by Kim Gosselin

★★★★☆ 4.5 out of 5

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Print length : 34 pages

Lending : Enabled



Here are some tips for talking to teachers and classmates about diabetes:

\* Be open and honest about your condition. Don't try to hide it or downplay it. \* Explain what diabetes is and how it affects you. \* Let your teachers and classmates know what signs and symptoms to look for if your blood sugar is too high or too low. \* Ask for help when you need it. Don't be afraid to ask your teachers or classmates for help if you need to check your blood sugar, eat a snack, or take medication. \* Be a role model. Show your teachers and classmates that you can manage your diabetes and live a full and active life.

## **Chapter 2: Handling Blood Sugar Emergencies**

Blood sugar emergencies can happen at any time, so it's important to be prepared. Here are some tips for handling blood sugar emergencies:

\* Always carry a glucagon kit with you. Glucagon is a hormone that can raise blood sugar levels quickly. \* Know the signs and symptoms of high and low blood sugar. \* If your blood sugar is too high, drink plenty of water and eat a snack that is low in sugar. \* If your blood sugar is too low, eat a snack that is high in sugar. \* If you experience severe symptoms of high or low blood sugar, call 911 immediately.

## **Chapter 3: Staying Organized**

Managing diabetes in school can be a lot to keep track of. Here are some tips for staying organized:

\* Keep a log of your blood sugar readings. This will help you to track your progress and identify any patterns. \* Pack a diabetes kit that includes all of your supplies. \* Make sure you have enough snacks and medication to last you throughout the day. \* Set reminders on your phone or watch to check

your blood sugar and take your medication. \* Talk to your teachers about your diabetes and ask for their help in staying organized.

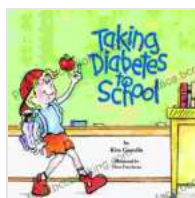
Taking Diabetes To School is an essential resource for students with diabetes and their families. It provides comprehensive information on how to manage diabetes in the school setting, including tips on how to talk to teachers and classmates, how to handle blood sugar emergencies, and how to stay organized. With the right tools and support, students with diabetes can succeed in school and live full and active lives.

## About the Author

Kim Gosselin is a registered nurse and certified diabetes care and education specialist. She has worked with children and adolescents with diabetes for over 20 years. Kim is passionate about helping students with diabetes to manage their condition and live healthy, happy lives.

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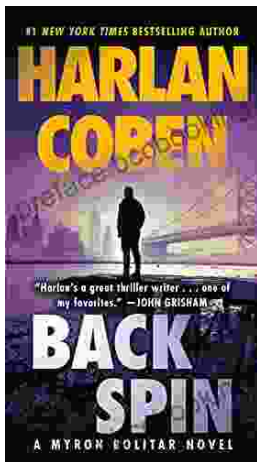
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