



Kids and Diabetes
in Schools

WELL-BEING GUIDE



International
Diabetes
Federation



KiDS is an IDF programme undertaken in partnership with the International Society of Pediatric and Adolescent Diabetes (ISPAD) and supported by an educational grant from Sanofi.





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Acknowledgements:

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If you are interested in translating this resource into your language, please check the conditions on: kids.idf.org/resources

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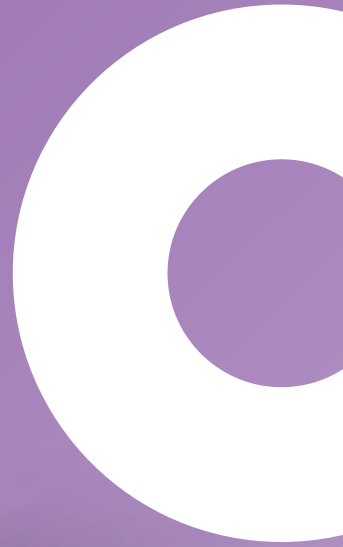
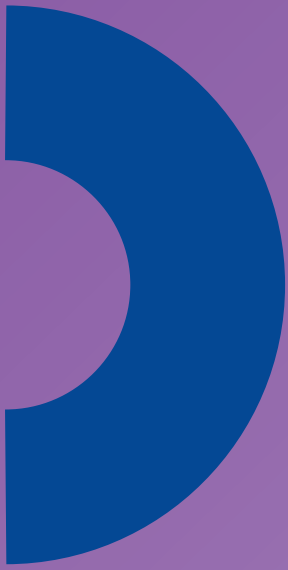
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Introduction



What is the Kids and Diabetes in Schools (KiDS) programme?

The International Diabetes Federation (IDF), the International Society for Pediatric and Adolescent Diabetes (ISPAD) and Sanofi initiated the Kids and Diabetes in Schools (KiDS) programme in 2013.

The aim of KiDS is to bring diabetes education to schools to fight diabetes-related stigma and promote healthy lifestyles that tackle preventable type 2 diabetes risk factors.



Why KiDS matters

Schools play a central role in a child's life by shaping their education and behaviours. Promoting diabetes education and healthy lifestyles in the school environment can help ensure a healthy and prosperous tomorrow.

Type 2 diabetes is the most common type of diabetes accounting for over 90% of all diabetes worldwide.

Although initially diagnosed in older adults, in recent years, in some countries, there has been a notable rise in type 2 diabetes among children and adolescents.

An estimated 1.8 million children and adolescents under the age of 20 live with type 1 diabetes.

About the KiDS Well-being Guide

Managing diabetes goes beyond monitoring blood sugar levels and taking insulin or other medication. It requires a holistic approach that includes proper nutrition, regular physical activity and

mental well-being. The Diabetes Well-being Guide was developed as a complementary resource to the Kids and Diabetes in Schools Information Pack, published by the International Diabetes Federation in 2025.



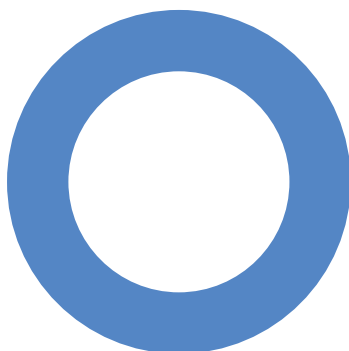
You can learn more about type 1 and type 2 diabetes management in the Information Pack.



Objectives of the KiDS Well-being Guide:

Increase awareness of diabetes management beyond taking medication and monitoring blood sugar levels among parents, teachers and school staff.

Help parents, teachers and school staff address the topic of healthy habits.



The story behind the Blue Circle

The blue circle represents a uniting call to improve the lives of people with diabetes and prevent diabetes in those at risk. It was introduced in 2006 as a symbol of support for the UN "World Diabetes Day" Resolution. The colour blue represents the sky and the flag of the United Nations.

Using the KiDS Well-being Guide for diabetes education

This guide endeavours to help parents, teachers and coaches support children and adolescents with diabetes to live healthy, balanced lives by promoting healthy eating habits and encouraging physical activity. The resources in this guide provide information on promoting healthy eating habits, encouraging physical activity, and addressing any emotional challenges encountered when managing their

condition. It is an information resource only and is not intended to replace the advice of a healthcare provider.

To maximise this resource, consider running a KiDS educational session. Engaging students in discussions and interactive learning helps create an inclusive, informed and supportive school environment.



You can learn more about using the KiDS Information Pack in the Implementation Guide.

Nutrition and diabetes



What is nutrition?

Healthy nutrition during childhood supports growth, development and lifelong healthy habits. Our daily meals consist of three primary nutrients: carbohydrates, fats, proteins, and smaller amounts of other nutrients such as vitamins and minerals. A balanced plate must provide all these nutrients in appropriate quantities.



Key nutrients in our food

- Carbohydrates provide energy and affect blood sugar levels directly.
- Fats are essential for hormone production and nutrient absorption.
- Proteins support growth and tissue repair.
- Vitamins, such as C and D, support the immune system and bone health. Meanwhile, minerals like calcium and iron are vital for bone formation and blood production.
- Fibre helps regulate blood sugar levels, keeps the gut healthy, and may help prevent constipation.
- Water supports hydration, aids digestion, regulates body temperature, and flushes out toxins to promote overall health.







How to prepare healthy meals

A balanced diet of carbohydrates, fats and proteins improves memory, attention span, creativity and problem-solving skills. Including sufficient amounts of fibre in meals can contribute to better sugar management at school and at home.

When planning a meal at home or at school, try to apply healthy food choices.







More

-  Proteins (lean meats, fish, eggs, tofu)
-  Food high in fibres (whole grains, legumes, pulses)
-  Wide variety of colourful fruits and vegetables
-  Dairy products (yoghurts, cheese, milk...)
-  Variety in child's meals to avoid monotony
-  Healthy drinks to stay hydrated



Less

-  Food made from refined cereals and flours (white bread and breakfast cereals)
-  Food high in added sugars (cakes, pastries, juices, ice creams)
-  Drinks containing sugar (unless to treat hypoglycaemia)
-  Food with added salt (chips, salted biscuits, snacks, sauces)



**Include children
in making
healthy food choices**

What is healthy hydration?

To stay well-hydrated, children should drink water and other non-caloric beverages as their main choices. They can include milk and natural fruit juice in moderation. Juiced fruits and fruit juices can cause hyperglycaemia, so children should consume them in limited amounts. Still, they should manage portion sizes carefully to prevent blood sugar spikes.

Experts advise against artificial sweeteners for children due to potential effects on brain and physical development, and there is not enough evidence to confirm their safety. Likewise, children should avoid sugary and caffeinated drinks, as these do not align with recommended health guidelines.



You can learn more about using the KiDS Information Pack in the Implementation Guide.



The Healthy Plate

Extensive evidence shows that changing one's habits can help blood sugar management for all types of diabetes and help prevent type 2 diabetes and related conditions. Balanced nutrition includes a variety of foods from the main food groups, as illustrated in The Healthy Plate.

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat like margarine and vegetable shortening.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies - and the greater the variety - the better. Potatoes and French fries don't count.



Eat fruits of all colors.



Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).



Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Children with diabetes need to keep track of the amount of carbs they eat. They should prioritise non-starchy vegetables and quality carbohydrates rich in nutrients and fibre, such as starchy vegetables, legumes, fruits or whole grains.

Healthy fats make us strong!

Choose healthy fats from olive oil, avocado, nuts, seeds and fatty fish like salmon, sardines and anchovies. It's okay to have butter in small amounts, but limit "fake fats" like margarine or hydrogenated oils.

Limit deep-fried foods and processed snacks. Skip sugar-sweetened drinks. Remember, **"peel more and unwrap less"**



Adapt the plate according to local foods



Use unsaturated fats such as canola or sunflower oil to cook your food. Olive oil can be used for sautéing or seasoning, but not for cooking at high temperatures.


How to read food labels

- ➔ Understanding the nutritional values on food labels helps you make healthy food choices!
- ➔ Look out for foods high in fat, salt and added sugars.
- ➔ Most pre-packed foods have a nutrition information label on the back or side of the packaging.

All pre-packed foods must have an ingredients list. Allergenic ingredients must be highlighted when they appear on the ingredients list. The ingredients list can also help you work out how healthy the product is.

Ingredients are listed in descending order of weight, so the main ingredients in pre-packed food always come first. The food will likely be high in fat if the first ingredients listed are high-fat, such as cream, butter or oil.

Nutrition facts	
Serving size	XX
Amount per serving	XX
Calories	XX
%daily values*	
Total fat	%
Saturated fat	%
Cholesterol	%
Sodium	%
Total Carbs	%
Dietary Fiber	%
Sugars	%
Protein	%
Ingredients:	

 The quantity you eat may be bigger than the quantity used here to calculate the nutrition facts.

The number of calories contained in a single serving.
NOT THE WHOLE PACKAGE!

Try to limit the amount of these components in your diet.

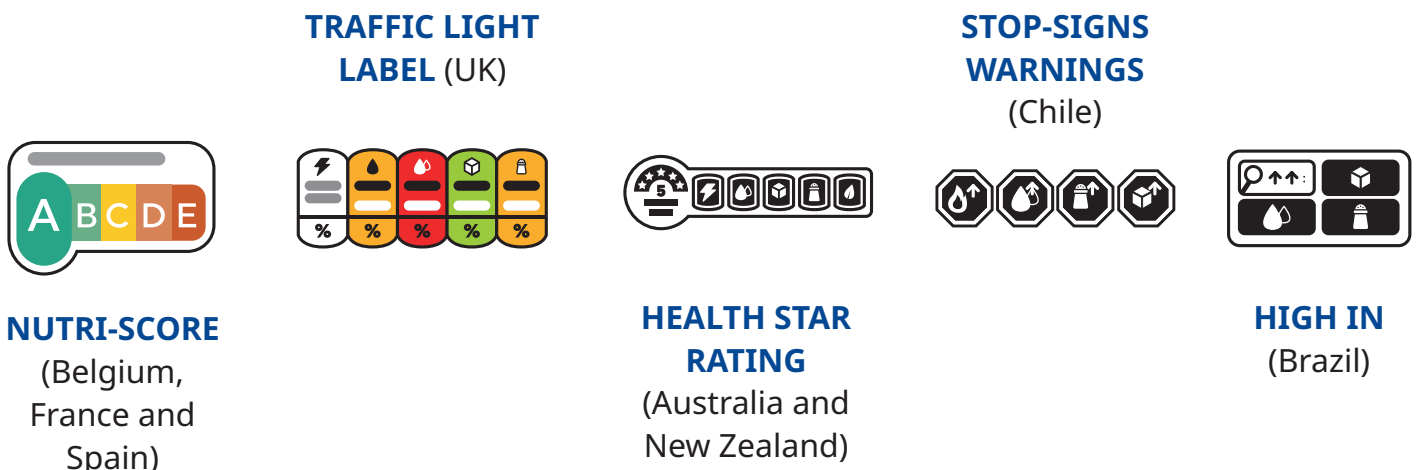
Avoid products with more than 8g of sugar per portion.

The list of ingredients provide important information about what you are eating.*

* On a food label, the ingredients are listed in order of quantity, with the ingredients used in the greatest amount first, followed in descending order by those in smaller amounts. Therefore limit products that have as first ingredients all forms of sugar: sucrose, corn-syrup, high-fructose corn syrup, invert sugar, maltose, dextrose, cane sugar, beet sugar.

Front-of-pack nutrition labelling worldwide

Some countries have front-of-package (FOP) nutrition labelling schemes so consumers can quickly and easily identify how healthy a food is. Below are some examples from across the world:



Healthy nutrition and diabetes

MYTH:

Children with diabetes should only eat sugar-free foods or foods with specific labels for people with diabetes.

FACT:

Children with diabetes should follow a healthy eating plan, something that benefits everyone. There's no need for special products, which can often be expensive and unnecessary. Balanced nutrition, combined with carbohydrate counting and appropriate insulin management, means children can enjoy a variety of foods, including occasional treats.

Children and adolescents with diabetes have the same nutritional requirements as those without diabetes. Helping them choose the right foods early contributes to life-long healthy habits.



Read more about healthy eating at different ages in the Annex

Counting carbs

For people with diabetes who take insulin based on the food they eat, counting carbs can be a helpful strategy to manage blood sugar. Insulin doses should match the grams of carbs in the foods and drinks consumed. Nowadays, several carb tables provide information on how many carbs food contains. Usually, these tables are culturally/geographically adapted, so ask your local diabetes association for recommendations.

Remember, when your body does not have enough carbs, it will transform certain proteins and fats from certain food or drink into sugar.



Weighing food

Some fruits and starchy vegetables, like bananas and potatoes, can vary in size. So, always check their weight in grams using a food scale. These are readily available in most countries. Keeping them on the kitchen worktop instead of at the back of the cupboard increases the chances of using them. With practice, many people with diabetes find that they can visually estimate carb content.

In some parts of the world, with the help of artificial intelligence (AI), mobile apps can calculate the exact amount of carbs in grams.



Remember that the weight of food in grams is different from the amount of carbs it contains in grams. Be sure to refer to the carb tables for accurate information.

Pre-packed food

While food labels provide helpful information for estimating the amount of carbs in a product, remember to look at the total carbohydrate content, not just the sugar. By counting the total carbohydrate content, you will know all the ingredients that affect blood sugar levels.

Check if the stated amount is per dried or cooked weight. It is easy to get caught out as manufacturers sometimes change how they list nutritional values. For example, some packs of pasta list the carbohydrate content of dried pasta, but others list it as cooked pasta.

Physical activity and diabetes

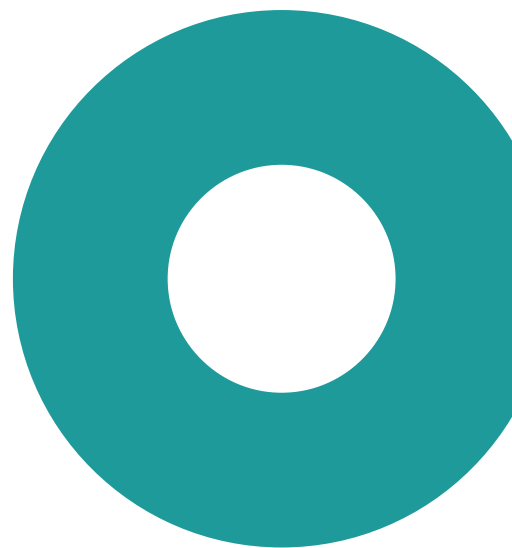


The basics

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Regular physical activity benefits people of all ages by improving overall health, boosting energy levels, and enhancing mental well-being.

For children and adolescents, exercise supports healthy growth and development, strengthens muscles and bones, and helps build lifelong healthy habits.

Adults benefit from physical activity by maintaining a healthy weight, reducing the risk of chronic diseases such as heart disease and diabetes, and improving mood and cognitive function. For older adults, staying active promotes mobility, balance and independence while reducing the risk of falls and age-related decline.



What are the benefits of regular physical activity?

Regular exercise provides numerous benefits for both the body and mind, including the following:

- 👍 Improves sleep
- 👍 Boosts mood and general well-being
- 👍 Promotes socialisation
- 👍 Improves cardiovascular health
- 👍 Enhances muscle mass and strength
- 👍 Reduces stress
- 👍 Helps with weight management
- 👍 Prevents some chronic conditions and certain types of diabetes and cancers



Different ways of moving

Movement falls into three main categories.



Physical activity, such as school breaks or playtime, is often unstructured and typically lasts around 30 minutes.



Physical exercise, such as physical education classes, is more structured and planned.



Competitive sports involving competition and results.

There are different ways of moving, and regardless of the way, what is important is to move. The World Health Organization (WHO) recommends the following guidelines for children and adolescents:

CHILDREN UNDER 5 YEARS:



Aim for a minimum of 120 minutes (2 hours) of physical activity daily. This can be any activity, but aim for at least 60 minutes of moderate to vigorous exercise. If possible, go for 180 minutes or more.

CHILDREN 5-17 YEARS OLD:



Aim for a minimum of 60 minutes (1 hour) of moderate to vigorous-intensity physical activity daily.



Aim for vigorous-intensity aerobic activities, as well as bone and muscle strengthening activities, at least three days a week.



Limit the amount of sedentary time, particularly recreational screen time.

How to limit sedentary time

Breaking up long periods of sitting or lying down can help lower blood sugar levels and improve overall health. When at home, try to adopt some of these ideas:



During TV commercials, stand up and walk in place.



When doing homework, take a break every 30-60 minutes to stand-up and stretch.



Help around the house by doing chores like sweeping, vacuuming and mopping.



Put on some music and dance.

Physical activity and diabetes

MYTH:

People with diabetes can't play any sports and can never become an athlete.

FACT:

People with diabetes can play any sport. Including participating in physical education classes or becoming professional athletes.

People with diabetes can benefit from physical activity to:

- ➔ Help the body use insulin better by reducing insulin resistance.
- ➔ Reduce blood pressure and improve cholesterol, which can prevent diabetes-related complications, like cardiovascular disease (CVD).



Read more about how physical education teachers and coaches can help students with diabetes in the Annex.

What students with diabetes need to consider BEFORE exercising

- ➔ Their starting blood sugar level. Starting at an optimal blood sugar level can help prevent hypoglycaemia (low blood sugar) or hyperglycaemia (high blood sugar) during physical activity.
- ➔ "Active" insulin in their body.
- ➔ The time of their last meal.
- ➔ The time of their next meal.
- ➔ The type of physical activity.
- ➔ The length of the physical activity.



Impact of types of physical exercise on blood sugar levels

For students living with diabetes, each type of activity can impact blood sugar differently and understanding them ensures a safe workout. Learn more below:

Aerobic exercise

RUNNING, JOGGING, SWIMMING AND CYCLING

Aerobic exercise usually consists of steady, moderately intense physical activity that generally lowers blood sugar levels.



intensity/time



BG trend

Anaerobic exercise

STRENGTH TRAINING, SPRINTING AND HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Anaerobic exercise consists of shorter spurts of high-intensity exercise, generally increasing blood sugar levels.



intensity/time

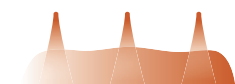


BG trend

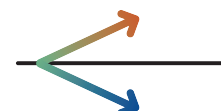
Mixed exercise

FOOTBALL, BASKETBALL AND OTHER TEAM SPORTS

Most school or club training sessions and team sports involve aerobic and anaerobic exercise. Intensity often changes throughout a training session or match. This means blood sugar can increase and decrease.







intensity/time



BG trend

Students, their families and healthcare teams should discuss the best strategy for each situation.

However, sometimes, even with a planned strategy, something unexpected can happen. The following recommendations are for students with diabetes DURING exercise:

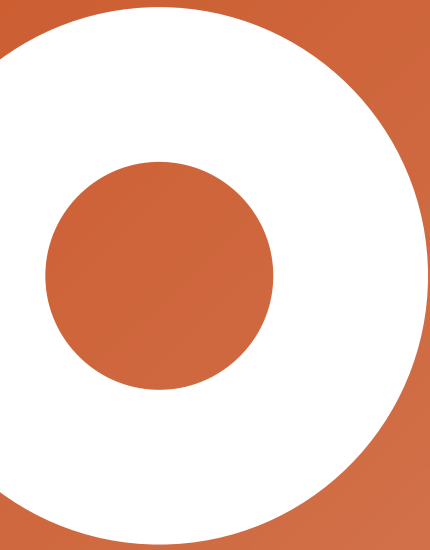
-  Make sure to have fast glucose readily available, such as glucose tablets, hard candies, fruit juices and carbohydrate gels.
-  Monitor blood sugar levels every 30 minutes or check for symptoms of low and high blood sugar.
-  Drink water – especially on hot days and during long practices.
-  If feeling unwell, tell an adult immediately, stop moving and sit down.

Physical activity can impact blood sugar up to 72 hours after it ends, so continue to monitor blood sugar and check for signs of hypoglycaemia.

 IDF recommends the website sportsanddiabetes.eu. At this website, you can find and download educational resources for managing diabetes during sports activities.



Mental health and diabetes



The basics

With more people struggling with stress, anxiety, and depression due to changing habits, societal expectations and financial pressures, mental well-being has emerged as a public health concern. While awareness has improved, stigma still prevents many from seeking help. Nonetheless, better access to therapy and a greater cultural focus on self-care have incited more open discussions about mental well-being.

Workplaces, schools and healthcare systems have begun to introduce mental health initiatives.

Prioritising mental well-being is closely tied to physical health. We know that prolonged stress and emotional strain can contribute to conditions like heart disease, diabetes and weakened immunity.



Read more about how to help children cope with their emotions through the tips in the Annex.

Mental health and diabetes

MYTH:

People with diabetes are only affected physically, and the condition does not impact their mental health.

FACT:

Diabetes can significantly affect mental health, leading to stress, anxiety and depression. Managing blood sugar levels, adhering to a strict routine, and worrying about complications can contribute to emotional distress, sometimes referred to as "diabetes distress." Proper support and coping strategies are essential for overall well-being.

Diabetes management goes beyond the physical aspects of blood sugar management. It can also impact mental

well-being. Too often in diabetes care, the focus is solely on medical treatment, while the mental and emotional challenges of living with the condition remain overlooked.

A more holistic healthcare approach is needed to support people with diabetes – one that acknowledges and addresses the emotional burden of diabetes. Including mental health support in primary diabetes care can help reduce burnout, improve treatment adherence and enhance overall well-being.

How living with diabetes can affect mental health

A diabetes diagnosis can affect a child or adolescent's mental health, triggering a range of emotional responses, including fear, sadness and anxiety about managing the condition long-term. Certain aspects of diabetes management, such as insulin treatment and blood sugar monitoring, may impact body image and self-esteem, potentially leading to social isolation and an increased risk of depression. While some children and adolescents develop coping strategies, others may struggle and need support to navigate the complex emotional and psychological challenges of living with diabetes.

Children and adolescents can learn more about their condition through diabetes education, peer and family support and their healthcare team. When providing emotional support, always remember that there are no good or bad feelings. Feelings exist to let us know that something we are experiencing needs attention. When a child or adolescent shares their feelings, always validate them so they know they are understood and heard.

Remind them that doctors, psychologists, nurses and diabetes educators are there to support them, and so are their families.



How to help young people manage anxiety and feelings

LEARN ABOUT DIABETES

Ask a doctor or diabetes educator questions, read kid-friendly books, or look for fun videos about diabetes.

LET THEM KNOW WHEN PROFESSIONAL HELP IS AVAILABLE

Therapists specialising in diabetes can help young people manage their emotions and feelings, offering support and tools to navigate the psychological aspects of living with the condition.

PROMOTE PHYSICAL ACTIVITY

Young people are naturally active, and exercise is great for the body and mind. Some physical activities include running, dancing, bike riding, or playing with friends.

MAKE DEVICES FUN

When appropriate, destigmatise devices like glucose monitors and CGMs, highlighting their safeguarding functions.

TAKE SMALL STEPS

Remember, young people with diabetes should choose when and with whom they want to share feelings about their condition. They might start with a family member and then a close friend.

SUPPORT THEIR FEELINGS

Remind them: *"It's okay to feel this way. I'm safe, and I can handle this."* Suggest they write their thoughts and feelings in a journal or for younger children to draw. Conceptualising their feelings allows them to process and understand their stress and find ways to deal with it.

ENCOURAGE BREATHING TO CALM ANXIETY

Share this easy breathing technique: Breathe slowly through the nose for four seconds, hold it for four seconds, and then exhale through the mouth for six seconds.

HELP THEM KEEP A ROUTINE

Encourage a daily diabetes routine to monitor blood sugar levels, insulin and snacks to help prevent sugar fluctuations and build confidence.

INTRODUCE SELF-KINDNESS

Show them how to practice self-kindness by repeating positive affirmations with them such as, *"I've got this,"* or, *"I know how to take care of my diabetes."*

CELEBRATE WINS

Did they check their blood sugar all by themselves? Did they handle a low? Did they ask for help if they needed it? Celebrate those moments! Every little step matters.






The importance of sleeping well

Children and adolescents need sleep for physical growth and brain development. It helps them regulate emotions and improve concentration. Good sleep also boosts the immune system, aiding the fight against infections and promoting overall health.

For people living with diabetes, blood sugar levels can fluctuate during sleep, impacting sleep quality.

However, when people have a good night's sleep, their HBA1c levels – average blood sugar levels over a 3- to 6-month period – decrease. When this happens, insulin sensitivity increases, so they need less insulin during the day. Also, better sleep helps people manage stressful situations and maintain steady blood sugar levels.

Tips to improve sleep quality :

-  **Exercise and play during the day.**
-  **Keep a regular bedtime routine.**
-  **Take a warm shower or bath before bedtime.**
-  **Stop screen time at least 2 hours before bedtime.**
-  **Check blood sugar levels before bedtime and adjust insulin doses.**



Teens and diabetes

Adolescence is a time of physical, emotional and social change, and for teens with diabetes, these changes bring unique challenges. Managing blood sugar levels becomes more complicated due to hormonal fluctuations, increased independence, peer pressure and lifestyle changes.

During puberty, growth hormones and sex hormones, namely estrogen and testosterone, can cause insulin resistance. As a result, higher insulin doses may be needed to maintain stable blood sugar levels. Furthermore, stress from school, exams, and social situations can increase the stress hormone cortisol, which triggers higher blood sugar levels.

Managing diabetes while balancing school, friendships, and extracurricular activities can lead to stress, anxiety or diabetes burnout. Because teens often want to fit in with their peers, they may skip insulin injections, neglect sugar monitoring or make unhealthy food choices to avoid standing out. Studies show that depression is more common in teens with diabetes, which can also lead to poor self-care and difficulty in adhering to treatment plans.

Although exercise is important for diabetes management, it can cause high and low blood sugar swings depending on intensity and timing.

Some teens may even avoid sports due to fear of hypoglycaemia, while others may not correctly adjust insulin doses for workouts.



During puberty, girls with diabetes are confronted with additional challenges. Menstruation impacts blood sugar levels. Young women can experience higher levels before and during periods due to hormonal changes requiring insulin adjustments.






Furthermore, polycystic ovary syndrome (PCOS) is more common in girls with type 1 diabetes and can cause insulin resistance, weight gain and irregular periods.

Societal influences can negatively impact body image, which may lead some teen girls to engage in unhealthy behaviours, such as insulin omission for weight control. Known as diabulimia, this dangerous practice can lead to serious complications such as DKA.



SUPPORTING TEENS WITH DIABETES

Open communication, emotional support and practical self-care strategies play a key role in helping teens stay on track and maintain their well-being during this important stage of life.

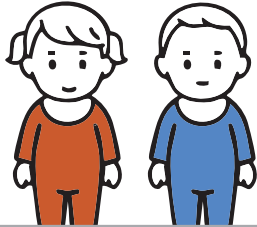
-  Encourage self-management and offer guidance if needed.
-  Support mental health by creating an open, non-judgmental space for discussions about stress, body image or social struggles.
-  Teach problem-solving skills for handling blood sugar fluctuations related to puberty, exercise and daily life.
-  Involve healthcare professionals in creating a personalised diabetes care plan that adapts to the teen's lifestyle.
-  Encourage them to join a type 1 diabetes peer support group to share experiences and daily management tips.



Annexes



Healthy eating at different ages



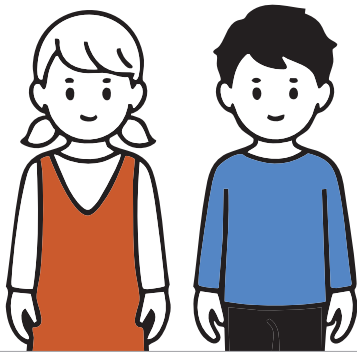
TODDLERS

Toddlers' appetites can be unpredictable. Small, portion-controlled daily meals support better blood sugar management and ensure healthy nutrition. It is best to avoid snacking between meals because children may not eat during regular mealtimes, leading to post-snack blood sugar spikes.



CHILDREN

Healthy eating for children involves offering nutrient-dense foods to support their growth and development. This means including fruits and vegetables in meals, opting for whole grains and providing lean protein sources such as poultry, fish, legumes, nuts and dairy products or fortified calcium alternatives. Highly processed foods (HPFs), such as sugary cereals, packaged snacks, fast food and processed meats should be avoided. These food products often contain harmful additives that can cause hyperactivity, increase the risk of chronic diseases and lead to digestive issues. Encouraging regular family meals and involving children in food selection and preparation can promote positive eating habits.



TEENAGERS

Adolescents often make their food choices, which can impact management and nutritional habits. Encouraging healthy nutrition can improve diabetes management and instil lifelong habits, particularly for those diagnosed in early childhood.

Common challenges with teens include skipping meals, missing insulin doses, staying out late, or, in some cultures, drinking alcohol. Healthy meals eaten regularly are recommended during growth spurts to prevent excessive snacking later in the day.

Information for physical education teachers and coaches

As a physical education teacher or coach, this is what you need to know about having a student with diabetes:







- ➔ They can practice any physical exercise that benefits their overall health and diabetes management.
- ➔ With the proper information, it is possible to have a safe practice.
- ➔ Each type of exercise influences the student's blood sugar. Talk to the student's parents to understand how diabetes affects their child.
- ➔ Know what to do in case of emergency.

What is a "hypo" and what to know : Causes, symptoms and what to do




A "hypo" or hypoglycaemia occurs when blood sugar levels drop too low, usually below 70 mg/dL (4.0 mmol/L). If left untreated, blood sugar levels can continue to drop, leading to serious complications.

Low blood sugar/glucose can be caused by many factors, including intense or prolonged exercise. Physical activity can use glucose faster than usual, particularly if medication and food intake are not adjusted accordingly.

SIGNS OF HYPOGLYCAEMIA INCLUDE:








-  Shakiness, dizziness or weakness.
-  Sweating or chills.
-  Confusion or difficulty concentrating.
-  Hunger or nausea.
-  Rapid heartbeat.
-  Irritability or mood changes.

IN CASE A CHILD HAS A HYPO:

-  Act quickly and make sure the child checks their blood sugar level if possible.
-  Ensure the child consumes 10-20 grams of fast-acting carbohydrates. Depending on the child's age, these can be glucose tablets, fruit juice, sugar-sweetened soda, or sugar.
-  After 15 minutes, check blood sugar levels and repeat these steps until levels stabilise.

Monitor the child's consciousness. If they become unconscious, place them in recovery positions and seek medical help immediately. Notify parents or carer as soon as possible.



-  Have open conversations with the student with diabetes and make them feel included in the classes/training sessions.
-  Make sure the child with diabetes has the chance to explain their condition to everyone.
-  Don't differentiate between players. Ensure the child with diabetes is a valuable team member like everyone else.
-  If they feel unwell, don't push them, but don't judge or punish them by excluding them.
-  Ask them to monitor blood glucose levels every 30 minutes or if you suspect low blood glucose.
-  Be supportive so they know that you are there for them.
-  Give feedback based on performance, not diabetes—they're there to excel like everyone else.



Have the student's Diabetes Management Plan handy in case you need it.

Exercises to help children manage their emotions



KEEP A STRESS JOURNAL

The child can write down/draw their thoughts and feelings on paper. This can help them to work through stress. By putting our feelings on paper, we can better understand what's causing the stress and start finding ways to deal with it.



ASK FOR HELP WHEN YOU NEED IT

If a child's stress feels overwhelming and they're having trouble managing it independently, they must ask for help. Teach them the importance of talking to someone, whether a family member, a friend, a healthcare provider or a therapist. Talking to someone they trust and who makes them feel understood can make a big difference.

EXERCISE MINDFULNESS



Mindfulness is an exercise that helps to focus on the present (what is happening now) instead of worrying about future or past events. The exercise lasts as long as children can focus. Start with shorter sessions to avoid frustration and increase them as they feel more comfortable.

The following steps are recommended:

- ❗ Ask them to sit or stand in a comfortable position.
- ❗ Ask them to close their eyes.
- ❗ Ask them to pay attention to their breathing.
- ❗ Practice cycles of "breathe in, breathe out".

After a few minutes, their body responds to the exercise, becomes calm and the mind settles. This can help in stressful and uncomfortable situations, for example, before a vaccine or a school exam.



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