

Caring for a School-age Child



This age group typically responds well to information presented in an interesting and fun way. School-age children also continue to learn well through play. Videos, games, and puzzles are examples of useful educational tools. There are also many diabetes story books for this age group that include nutrition themes.

Parents usually perform the majority of school-age children's diabetes management, but this is a good time to start transitioning some tasks to the children themselves.

School-age children are beginning to eat more meals away from home, and for this reason it is helpful to have them start becoming more involved in their food plan and food choices. However, this age group should not be responsible for their total diabetes self-management because they do not yet have the maturity necessary to take on all diabetes-related tasks.

Effective diabetes management must also be addressed while a child is at school. Often, the school health team includes a school nurse. If not, other staff can be trained to assist a student with his/her diabetes care during the school day.

NDEP's [Helping the Student with Diabetes Succeed: A Guide for School Personnel](#) explains how schools can meet the needs of students with diabetes. It is a useful resource to ensure safe and effective diabetes management for a school-age child.

Helping the Student with Diabetes Succeed: A Guide for School Personnel
http://www.ndep.nih.gov/media/Youth_NDEPSchoolGuide.pdf

If you are concerned about your child's weight, here are 5 things a parent can do:

1. Turn off the television (& computers and play stations)
No more than 2 hours/day for kids > 2 years old
2. Encourage children to participate in at least 1 hour of vigorous physical activity daily (e.g., walking, running, biking, hiking, swimming, games/sports, such as basketball, volleyball)
3. No sugary beverages (sodas, sports drinks, fruit juices)
Water/low fat milk are the only beverages at home
4. Fast food is a treat
1 time per week (beware of any "meal" >500 calories)
5. Healthy snacks
Fruits and vegetables (beware of everything else)

National Diabetes Education materials

www.yourdiabetesinfo.org

www.ndep.nih.gov

Resources for children and adolescents

<http://ndep.nih.gov/diabetes/youth/youth.htm>

Fact sheet: **Overview of Diabetes in Children and Adolescents**

<http://www.ndep.nih.gov/resources/ResourceDetail.aspx?ResId=261>

When Your Child Is Diagnosed with DIABETES: Parents' Questions for the Health Care Team <http://www.ndep.nih.gov/teens/ParentsQuestions.aspx>

What Is Diabetes? http://www.ndep.nih.gov/media/Youth_Tips_Diabetes.pdf

¿Qué es la diabetes? http://www.ndep.nih.gov/media/KidsTips_What_Spanish.pdf

Activity Counts—for All Ages! <http://www.ndep.nih.gov/media/activity-counts.pdf>

Be Active http://www.ndep.nih.gov/media/Youth_Tips_Active_BW.pdf

¡Mantente activo! http://www.ndep.nih.gov/media/KidsTips_Active_Spanish.pdf

Dealing With the Ups and Downs of Diabetes

http://www.ndep.nih.gov/media/YouthTips_Teen_Dealing.pdf

Make Healthy Food Choices http://www.ndep.nih.gov/media/Youth_Tips_Eat.pdf

Come alimentos saludables http://www.ndep.nih.gov/media/KidsTips_EatHealthy_Spanish.pdf

Ten Smart Snacks for Teens

<http://www.ndep.nih.gov/resources/ResourceDetail.aspx?ResId=234>

Stay At a Healthy Weight http://www.ndep.nih.gov/media/Youth_Tips_Weight.pdf

Mantente en un peso saludable

http://www.ndep.nih.gov/media/KidsTips_HealthyWeight_Spanish.pdf

Move It! And Reduce Your Risk of Diabetes School Kit This kit contains three posters of American Indian/Alaskan Native youth engaging in fun, healthful physical activity, fact sheets, resource lists and stories from schools that have used the materials to start *Move It* programs. The kit features resources that can be customized. An extensive CD-ROM provides supporting materials and references. http://www.ndep.nih.gov/media/moveit_school_kit.pdf

Move It! Posters

<http://www.ndep.nih.gov/media/moveit-poster-1.pdf>

Get Your Students to Move It: Schools Can Help Lower the Risk for Type 2 Diabetes in Youth <http://www.ndep.nih.gov/media/get-your-students-to-move-it.pdf>

Creative ways principals, teachers, and parents can increase kids' physical activity

<http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm>

ADA website for parents with children with diabetes

<http://diabetes.org/for-parents-and-kids/diabetes-care.jsp>