



(1-3 YEARS OLD)

I AM A TODDLER

How I manage my diabetes:

- I can choose where to check my BG, get my insulin, or put my infusion set
- I can wash my hands before checking my BG
- I can do an activity when you check my BG or give me insulin

At this age...

- I like saying “no”
- I have a short attention span
- I feel safe around you
- I am afraid of strangers and new places
- I like to do things on my own
- I like routines
- I use play to learn, express myself and gain control

Fun Distractions:

- Tell me a story
- Take deep breaths w/ me
- Sing me a song
- Blow bubbles or pinwheels
- “I Spy” or pop-up books

How you can help me with my diabetes:

- Have everything ready before checking my BG, giving insulin, or changing my infusion set
- Remain calm and talk to me in a soothing voice
- Keep to a routine as much as possible
- Give me a 5 minute warning before you do anything
- If something's not a choice, please don't ask me a “Yes/No” question. Instead, give me reasonable choices between 2 things