

Young Children & Diabetes Care Tips

Here are some top tips for helping young children learn about and care for type 1 diabetes.



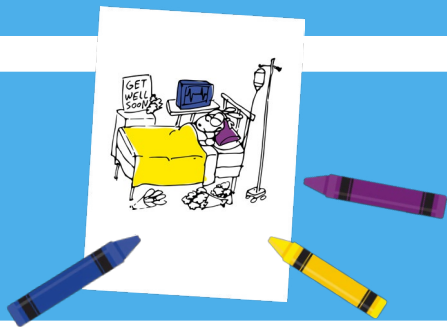
Distraction

Get children doing something during injections, cannula changes and sensor changes. (Lego or Colouring is great!)

Act out diabetes care on teddies or dolls.



Encourage your child to draw their feelings.



Play and make it FUN!



With thanks to Megan the Diabetes Play Specialist at Leeds Children's Hospital.

Scan the QR code to see our DigiBete Doodles page on the website for some printable resources you can use at home.

