

# GETTING READY FOR A SLEEPOVER

As kids grow more independent, sleepovers and slumber parties become a customary part of their childhood experiences. This big part of being a child can be a great opportunity to create unique memories with friends as part of the group, and diabetes shouldn't get in the way of that.

While the nights when a child is away from home can be nerve wracking, preparation and planning can help make the sleepover party successful for the parents, the child, and the hosts.



## PACKING CHECKLIST

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|--|--|--|
| <ul style="list-style-type: none"><li><input type="checkbox"/> Sleeping bag / pillow + blanket (check sleeping arrangements)</li><li><input type="checkbox"/> Favourite pyjamas and slippers</li><li><input type="checkbox"/> Change of clothes (with extra underwear and pair of socks)</li><li><input type="checkbox"/> Bathroom items and personal hygiene products including toothbrush / toothpaste</li><li><input type="checkbox"/> Washcloth</li><li><input type="checkbox"/> Towel</li><li><input type="checkbox"/> Hairbrush/comb</li><li><input type="checkbox"/> Cuddly toy</li><li><input type="checkbox"/> Game/toy to share with others</li><li><input type="checkbox"/> Swimsuit</li><li><input type="checkbox"/> Bag for dirty laundry</li><li><input type="checkbox"/> Bottle of water (for the night)</li><li><input type="checkbox"/> Smart devices and chargers</li><li><input type="checkbox"/> Torch</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Basic medicines: pain killers, anti-diarrhoea pills, anti-nausea drugs (if applicable)</li><li><input type="checkbox"/> Insulin</li><li><input type="checkbox"/> Insulin pump with extra supplies (if applicable):<ul style="list-style-type: none"><li>● Infusion sets</li><li>● Cartridges</li><li>● Charger or back-up battery</li></ul></li><li><input type="checkbox"/> Insulin pens (if child is using injections or in case of pump failure)</li><li><input type="checkbox"/> CGM with extra supplies and charger (if applicable)</li><li><input type="checkbox"/> Blood glucose/ketone meter with extra battery:<ul style="list-style-type: none"><li>● Lancets</li><li>● Test strips (glucose/ketone) with instructions</li></ul></li><li><input type="checkbox"/> Alcohol swabs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Supplies for treating a low like:<ul style="list-style-type: none"><li>● juice</li><li>● glucagon kit</li><li>● glucose tablets</li><li>● source of fast acting sugar</li></ul></li><li><input type="checkbox"/> Low carb drinks/snacks</li><li><input type="checkbox"/> Necessities for eyecare and/or orthodontal supplies (if needed)</li><li><input type="checkbox"/> Sunscreen</li><li><input type="checkbox"/> Parent/carer's phone number</li><li><input type="checkbox"/> Pocket money</li></ul> <p><b>Other items:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul> |
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# TIPS & TRICKS



## **Incognito**

Where possible, packing the diabetes supplies in a discreet, kid-friendly bag that is not medically marked might help a child who does not want to call attention to feel more comfortable.



## **Dress rehearsal**

It can be a good idea to organise a trial run with the host parent before the day of the sleepover. This could include demo trainings such as: how to check blood glucose levels, count carbs or plan the menu together, give insulin, treat highs and lows, use medical devices if applicable (pump, CGM, etc.), respond to an emergency especially where glucagon is needed and anything else the host family may need to know.



## **Video tutorial**

If the child is on a pump, preparing a video showing how to check blood sugar levels and deliver a correction on the pump might also be helpful.



## **Planning for food**

In some circumstances, it can be more reassuring for everyone to plan the meal, snacks and insulin dosing.



## **Furry companions?**

Just like for any child, checking for pet allergy (where applicable) can help prevent things to unexpectedly take a turn for the worse.



## **Check-in**

When no remote access to glucose data is possible, it never hurts to plan a call or text with the host parents to know how things are going with diabetes management or just a night check-in.



## **'Prepared' but maybe not 'perfect'**

Not everything can always go exactly as planned, and that is okay. For example, blood sugar levels may go up and down with the excitement of spending the night with friends and with the unusual activities. What matters is that all is under control to check numbers and treat accordingly, and that the child can enjoy the party as much as possible.



## **Feeling supported**

Letting the children know that mum, dad or any caregiver are available at all times for a pick-up if needed may reassure them. Even if they are old enough to manage their diabetes on their own, they might like to call home to double check a dose, follow a parent/caregiver's instructions for treatment, or just to confirm they are doing the right thing. In any case, it is good to remind them that this is fine to text or call for reassurance or help at any time of the day or night.



## **Diabetes talks**

Another tip is to try give them some language to talk about their diabetes in order to help them feel more comfortable or confident when they want to discuss their condition.