

Sitter Information

Travel

- Take Grant's backpack (water, meter, Glucagon Kit, and milk) when traveling by car.

Test Blood Sugar IF:

- you suspect a low because of symptoms.
- Grant is expending lots of energy.
- you are about to take a long walk, play in park, etc.

If number is below 80, give 1/4 cup milk. You may need to test blood sugar again after returning from walk or after he has played really hard. A 30-minute walk can lower Grant's blood sugar 100 points.

Today's Schedule

- **1:45 Blood Sugar Test** – If below 80, give 1/4 cup milk in addition to snack.
- **1:50 Snack** – 6 rectangle graham crackers & 1/4 cup milk. Kool-Aid (approx. 1/3 cup) after he finished his milk.
- **Restroom**
- **2:00 Nap** – One toy and music.
- **4 – 4:30 After Nap** – Restroom – If Grant is really cranky after nap, test blood sugar.
- **Snack** – 3 rectangle graham crackers (**OR** 1/4 cup Golfish), 1 SweetTart, & Kool-Aid (1/3 cup).

Blood Sugar Readings:

Target Zone (good numbers) 100 – 225

Low Zone – below 80 – Treat with milk

High Zone – 270 – Check ketones