Being newly diagnosed with diabetes can be scary — we are here to help. This interactive guide provides step-by-step guide to information that you need to know before going home. Please ask us any questions that you have along the way. You can also track your diabetes journey online at childrensMN.org/myjourney/diabetes

1. I can tell you about diabetes.
2. I can show how to check blood sugar using my home meter.
3. I can count carbs and calculate how much insulin my child needs.
4. I can show how to use my child's sliding scale for high blood sugar.
5. I can tell you about insulin and how to give it.
6. I can tell you signs of mild hypoglycemia and when to call the clinic.
7. I can tell you signs of severe hypoglycemia and when to call the clinic.
8. I can tell you what supplies we will need at home.
9. I can tell you about my treatment plan and follow up.

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