

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

November, 2015



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American Diabetes Association Offers Resources for Childcare Providers Who Care for Young Children

“People are sometimes afraid that putting a child with diabetes in childcare can’t work, but it certainly can and does,” said Larry C. Deeb, MD, clinical professor of pediatrics, Florida State University College of Medicine, past president of the American Diabetes Association and co-chair of the Association’s Safe at School Working Group. However, he added, it’s also important to recognize that very young children are totally dependent upon adults, and therefore the adults in charge of their care must receive the appropriate training and education to be able to monitor blood glucose levels, administer insulin and recognize symptoms indicating that glucose levels may be too high or too low.

The provider should also collaborate and communicate with parents/guardians and the child’s health care provider, the position paper asserts, while recognizing some of the challenges that may occur, such as staff turnover, language barriers, ethnic and cultural practices, health literacy and limited resources and support.

Diabetes among children has been increasing over the past decade. This increase in prevalence, along with the lack of guidelines for daycare providers, prompted the Association to develop a position statement to aide childcare providers and families of very young children with type 1 who wish to place their children in a childcare setting.

As part of its position statement, the Association has developed a sample diabetes management plan for children in the childcare setting, along with resources and tools, such as a tip sheet for parents that can be found online at diabetes.org/childcare. “You can’t just drop these kids off,” Deeb said. “But at the same time, we have put together tools that people can use to successfully and safely take care of children with type 1 diabetes during their time in childcare.”

“This can save the life of a young child,” said Jane L. Chiang, the Association’s Senior Vice President for Medical and Community Affairs. “Children at this age have very limited communications skills. They may not be able to articulate what’s wrong. They may be hyperglycemic, or high blood glucose levels, which can lead to excessive urination and be mistaken for just having a heavy diaper. Or they may be hypoglycemic, experiencing low blood glucose, and acting out. A childcare provider who is unaware that diabetes may be triggering this may not realize they should be checking that child’s blood glucose levels.”

In addition to better diabetes care, the guidelines were designed to help children so that they can live normal lives, Dr. Chiang said. “For example, if there’s a birthday party, the child with diabetes shouldn’t be left out of the celebration. We just want the childcare provider to be able to check the blood glucose and give insulin for the piece of birthday cake if that is the management plan. We want to adapt diabetes to the child’s life, not the other way around.”

For more information on the Association's position statement, or to obtain a copy, please visit <http://dx.doi.org/10.2337/dc14-1676>.

Information credited to and for more information please call the American Diabetes Association at 1-800-DIABETES (800-342-2383) or visit www.diabetes.org.

Symptoms of Diabetes in Children:

- Unexplained weight loss
- Hungry or thirsty a lot, even after eating
- Dry mouth
- Frequent urination
- Fatigue
- Blurred vision
- Heavy breathing
- Slow healing of sores or cuts
- Itchy skin
- Numbness or tingling in the hands or feet

Resources:

- Mayoclinic.org
- Cdc.gov (Center for Disease Control)
- Diabetes.org (American Diabetes Association)
- www.webmd.com/diabetes
- <https://www.nlm.nih.gov/medlineplus/diabetes.html> (US National Library of Medicine)

Are you open for business on a federal holiday? Please keep in mind that Minute Menu defaults all providers to being closed on all federal holidays. If you are open and providing care, online providers must go into Minute Menu and change your schedule. On the menu bar, go to Tools – Manage Calendar – Using the mouse, drag the “Open for Holiday” icon over the calendar and then drop it on the day. If you submit a paper claim, you must document this information at the bottom of your CIF (Claim Information Form). We will not be able to reimburse meals if you forget to do this.

Office Closing – November 26th & 27th

Mailing Address – PO Box 1660, Auburn, ME 04211-1660
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This time of year always reminds us to be thankful for all that is good in our lives. We know that your jobs are not always easy and that you work very hard to provide a safe, healthy environment for your children along with nutritious meals every day. Your hard work and dedication plays a very large role in making our program successful. We'd like to take this time to tell you how thankful we are to have you as part of our program. We appreciate each and every one of you!

