

# Diabetes

Many of us have or know children who have been diagnosed with diabetes. Type 1 diabetes is an autoimmune condition and is treated with insulin, by injection or pump. Type 2 diabetes may also be treated with insulin or oral medication. Lifestyle management, diet, and exercise are important in controlling diabetes. Children with diabetes can do anything that a child without diabetes can do, they just need to plan for it.



While at school:

1. Provide your school with a copy of notes and instructions from your child's health care provider where applicable.
2. Work with the school to develop an Plan of Care for your child.
3. Ensure that the information on file is kept up to date, including any changes in medications.

Parents should be aware of the key signs of Type 1 diabetes and contact their health care provider for assessment.

The signs are:

- Excessive thirst
- Excessive urination
- Hunger
- Weight loss, and fatigue

For more information, please visit:

**[DiabetesAtSchool.ca](https://DiabetesAtSchool.ca)**