

# American Diabetes Association Parents' E-newsletter

## UPDATE: AMERICAN DIABETES ASSOCIATION PEOPLE & PROGRAMS

### 1. ADA Expands Type 1 Diabetes Youth Initiatives

ADA's Youth Initiatives is proud and excited about the launch of Planet D this month. Planet D is the new way the ADA will reach out to kids with type 1 diabetes.

Existing programs, such as ADA Camps and Family Resource Network, will be integrated under the umbrella of Planet D, as will other resources for kids with type 1 diabetes.

As part of the launch, a new Web site for kids was unveiled. On this Web site, kids and teens can explore and discover new things about diabetes while connecting with other youth living with diabetes. <http://main.diabetes.org/site/R?i=Jv5ttqQmRML0ZVYDR7A-1A..>

The site takes extra measures of security to ensure a safe place for youth to build their Planet D Identity, which allows users to post to message boards, write blogs and communicate with others while protecting their true identities.

In the coming months, Youth Initiatives will develop corresponding pages for Camp participants, Family Resource Network members, parents and educators so stay tuned!

Read the Planet D Press Release <http://main.diabetes.org/site/R?i=paTvV2BqjYehzA9vpQsboQ..>

Go to Planet D! [http://main.diabetes.org/site/R?i=dW1SCjl8b1v\\_UpoLmwsDXA..](http://main.diabetes.org/site/R?i=dW1SCjl8b1v_UpoLmwsDXA..)

## PRACTICAL TIPS FOR YOUR FAMILY

### 2. Diabetes Tips for Kids, by Kids

The ADA is offering a 15% discount on 487 Really Cool Tips for Kids with Diabetes, a book by brothers Bo and Spike Loy who have had diabetes since they were 7 and 6 years old.

The brothers have compiled real-life diabetes tips from kids of all ages. Here's a sample of some of the tips you'll find.

\* Tip for toddlers: 'Teach toddlers a nursery rhyme and repeat it often. When you suspect low blood sugar, ask them to repeat the well-known rhyme. If little kids get confused repeating the rhyme, it's a good bet they have low blood sugar.'

\* Tips for grade schoolers: 'Sometimes kids in your class who don't know a lot about diabetes might think it's not fair when you get to eat in class. My teacher just tells them they are welcome to have a snack if they'll check their blood sugar like I do. That usually turns them into one of your best friends because they see what you do everyday.' Natalie Bayne, age 10.

\* Tips for teens: 'Test before driving, before you get into the car. The chances of forgetting to test are much higher if you wait until you are behind the wheel.' Brendan Black, age 19.

Use the special promotion code, EPNOV20 offered exclusively through this issue of the Parents' E-newsletter. <http://main.diabetes.org/site/R?i=oO5tLHdQE9kmD-YUd1KAuA..>

### 3. Potato Pancakes

Looking for a new breakfast idea for those weekend mornings? Try this easy potato pancake recipe.

Nutrition Information for Potato Pancakes

Amount per serving (serving size = ? cup)

Calories 123

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 71 mg

Sodium 24 mg

Total Carbohydrate 19 g

Dietary Fiber 2 g

Sugars 2 g

Protein 4 g

Potato Pancake Recipe <http://main.diabetes.org/site/R?i=zfghE97HP9rNpti1I2VxPA..>

### DIABETES RESEARCH SPOTLIGHT

#### 4. Continuous Blood Sugar Monitoring Can Work in Kids

A recent study found that continuous blood sugar monitoring improved blood sugar control in children ages 4-17 while decreasing the number of home finger stick blood tests necessary by 35 percent. Participants and their parents reported that the continuous monitor made it easier to adjust insulin doses and make diabetes management decisions.

Read more about 'Continuous Blood Sugar Monitoring Can Work in Kids.'

[http://main.diabetes.org/site/R?i=ccPFhncpo180n\\_9qykx3ig..](http://main.diabetes.org/site/R?i=ccPFhncpo180n_9qykx3ig..)

### INTERACT & GET INVOLVED

#### 5. Parent's Message Boards

The American Diabetes Association's Teen and Young Adult Message Board is a space for your son or daughter to share ideas and opinions with others like them. Pass this link on to them so they can join this great community. But please remind them to NEVER post personal e-mails or 'My Space' links on the Message Board.

'...I think that test strips hide from you and then breed like bunnies. I have found them in the washer, in soccer shoes, inside a shin guard. I have found them in my change purse of my wallet, asked my son, 'Why?' He just shrugged and told me he could not find a trash can. I have found them in his imaginex castles and pirate ships. Boys!...'

Read the original post. <http://main.diabetes.org/site/R?i=yMWwfV6UXygQ7qQtZV-e2Q..>

## 6. Teen Message Boards

'...My doctor once told me You rule the diabetes don't EVER let the diabetes rule you and i've always believed that and i basically live by it.. tell your counselor it could be related to the diabetes lows and see if they can do a test or something...'

Read the original post. <http://main.diabetes.org/site/R?i=BN1d-4vbW4FZukEWWU9MA..>

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