

# Pediatric Diabetes: Age Related Responsibilities and Traits

	<b>Non Diabetes Related</b>	<b>Diabetes Related</b>
<b>Age below 3 years</b>	<ul style="list-style-type: none"> <li>▪ Developing gross motor skills.</li> <li>▪ Developing speech skills.</li> <li>▪ Learning to trust.</li> <li>▪ Responding to love.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Parents must do all care.</li> <li>▪ Acceptance of diabetes care as part of normal life.</li> <li>▪ Often give shots after seeing what is eaten.</li> </ul>
<b>Age 3 - 7 years</b>	<ul style="list-style-type: none"> <li>▪ Full of imagination/ concrete thinkers.</li> <li>▪ Cannot think abstractly.</li> <li>▪ Self-centered.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Parent does all tasks.</li> <li>▪ Slowly learns to cooperate for blood sugar tests and insulin shots.</li> <li>▪ Varies with food choices</li> <li>▪ Slowly learns to recognize hypoglycemia</li> <li>▪ Undeveloped thought process of time</li> <li>▪ Adult needs to do all insulin pump management</li> </ul>
<b>Age 8 - 12 years</b>	<ul style="list-style-type: none"> <li>▪ Concrete thinkers.</li> <li>▪ More logical and understanding.</li> <li>▪ More curious.</li> <li>▪ More social.</li> <li>▪ More responsible.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Can learn to test blood sugars.</li> <li>▪ At age 10 or 11, can draw up and give shots on occasion, although they still need supervision.</li> <li>▪ Can make own food choices; can learn initial carb-counting.</li> <li>▪ Does not fully understand that doing something now (i.e. good diabetes control) helps to prevent later problems (i.e., diabetes complications).</li> </ul>

**OVER →**

	<b>Non Diabetes Related</b>	<b>Diabetes Related</b>
<b>Age 8 - 12 years (Continued)</b>		<ul style="list-style-type: none"> <li>▪ Can recognize and treat hypoglycemia.</li> <li>▪ By 11 or 12 years, can be responsible for remembering snacks, but may still need help of alarm watches or parent reminders.</li> <li>▪ Can do own insulin pump and injections with parent supervision and confirmation of doses.</li> </ul>
<b>Age 13 - 18 years</b>	<ul style="list-style-type: none"> <li>▪ More independent.</li> <li>▪ Behavior varies.</li> <li>▪ Body image important.</li> <li>▪ Away from home more.</li> <li>▪ More responsible.</li> <li>▪ Able to think about ideas and possibilities.</li> <li>▪ Able to understand the importance of doing something now to prevent problems in the future.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Capable of doing most injections and tests, but still needs parental involvement and review to make decisions about dosage.</li> <li>▪ Knows which foods to eat; can do carbohydrate counting.</li> <li>▪ Slowly recognizes the importance of good sugar control to prevent later medical complications.</li> <li>▪ May be more willing to inject many shots per day.</li> <li>▪ Is appropriate for parents to take over responsibility of care if patient is struggling with burn out or managing on their own.</li> </ul>

**Resources:** A First Book for Understanding Diabetes by H. Peter Chase, MD, October 01, 2008

This handout does not take the place of a discussion with your doctor. Discuss any questions or concerns you may have with your doctor.