

# Hypoglycemia: What Should You Do If Your Child Has Low Blood Sugar?



What your child eats, their energy, stress, illness, or even a sunburn — all of these can cause changes in your child’s blood sugar. It’s normal for their blood sugar levels to go up and down throughout the day and night, and if it stays in a healthy range, it may not even be noticeable.

When your child’s blood sugar is too low (hypoglycemia), you need to take action to get their blood sugar levels back to a safe range. Without treatment, your child may be at risk for dangerous symptoms, such as fainting, seizures, or a coma.

Fortunately, you can easily treat your child’s blood sugar — during the day or at night. Here’s what you should know about keeping your child’s blood sugar levels in a healthy range.

# Recognizing Hypoglycemia: Symptoms To Look For

Early symptoms of hypoglycemia include:

- Shaking
- Sweating
- Hunger
- Mood changes
- Paleness
- Weakness
- Fast heartbeat
- Headache

Later symptoms include:

- Blurry vision
- Dizziness
- Confusion
- Poor coordination
- Stubborn behavior
- Extreme sleepiness

If your child's blood sugar levels stay low and continue to drop, symptoms will get worse. This can lead to seizures or unconsciousness if not treated immediately.

If seizures or unconsciousness occur — or if your child cannot safely swallow — do not give them anything by mouth. You need to give them Glucagon or Baqsimi right away.

## Daytime Low Blood Sugars

While your child is out and about during the day, there are three main factors that can impact their blood sugar levels:

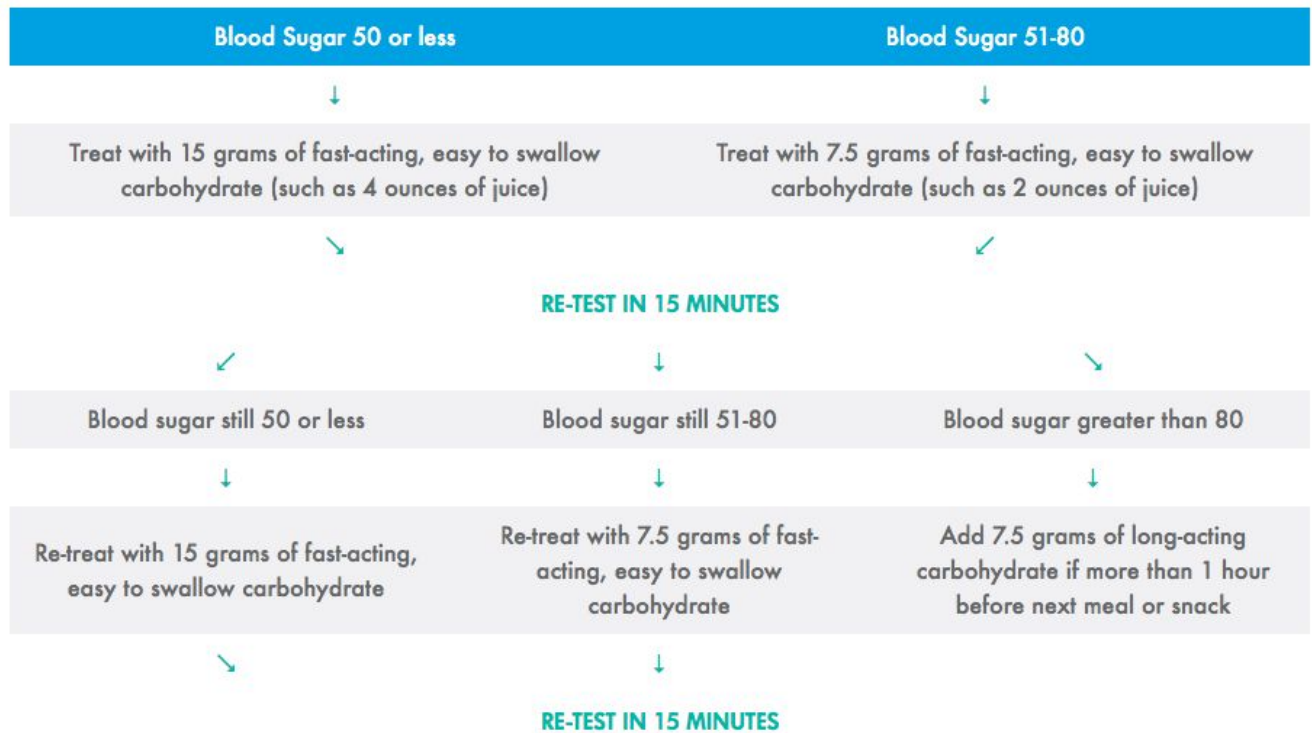
1. Too little food
2. Too much insulin
3. Too much exercise

You should treat low blood sugars under 70 for children over 5 years old. For children that are younger than 5 years old, treat under 80 because they are not able to tell someone how they feel. Targets may be different for infants, toddlers, or children of any age who can't speak. Be sure to talk to the Diabetes Team if you have any questions about when your child needs treatment.

## Treating Low Blood Sugar During The Day

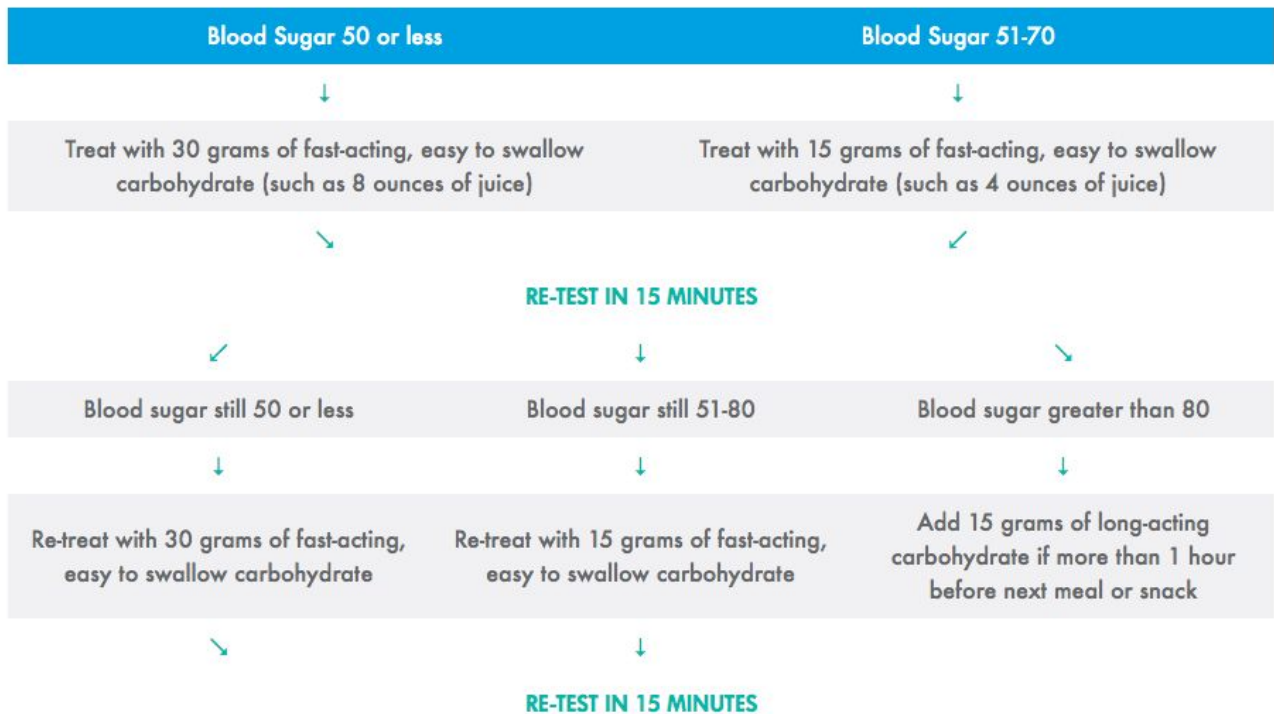
If you or your child notice symptoms of low blood sugar during the day, it's important to begin treatment immediately.

### Daytime Low Blood Sugar Treatment For Children UNDER 5 Years Old



Treatment is a little different for older children:

## Daytime Low Blood Sugar Treatment For Children OVER 5 Years Old



## Nighttime Low Blood Sugars

Keeping your child's blood sugar higher at bedtime and overnight will help to prevent their blood sugar from dropping while they're sleeping. The greatest risk for seizures due to a low blood sugar occurs during the night.

Nighttime low blood sugars can occur because of:

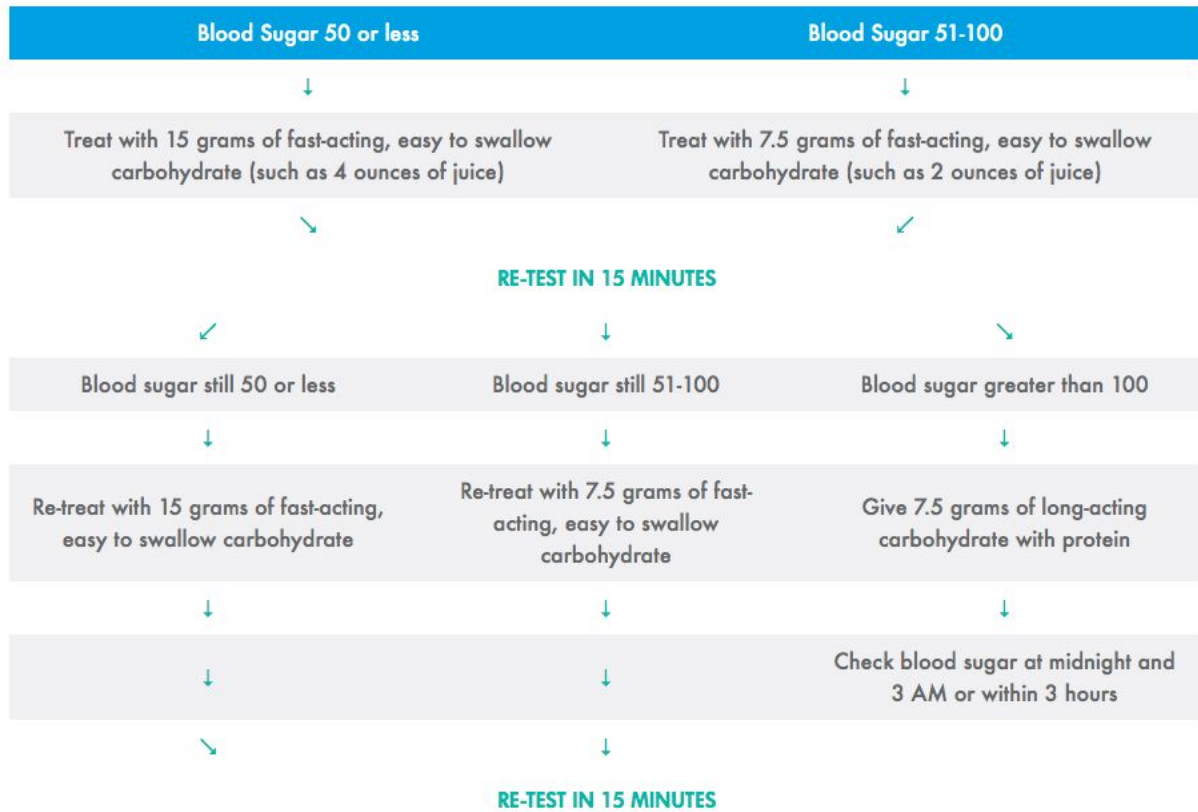
- Exercise during the day, which can cause delayed drops in blood sugar
- Insulin doses that are too high
- Not eating enough carbs for the amount of insulin given
- Difficulty detecting symptoms of low blood sugar because your child is asleep

If your child is 5 years or older, they should have a nighttime blood sugar range of 90-150. If they are younger than 5 years old, their blood sugar range at night should be 100-180.

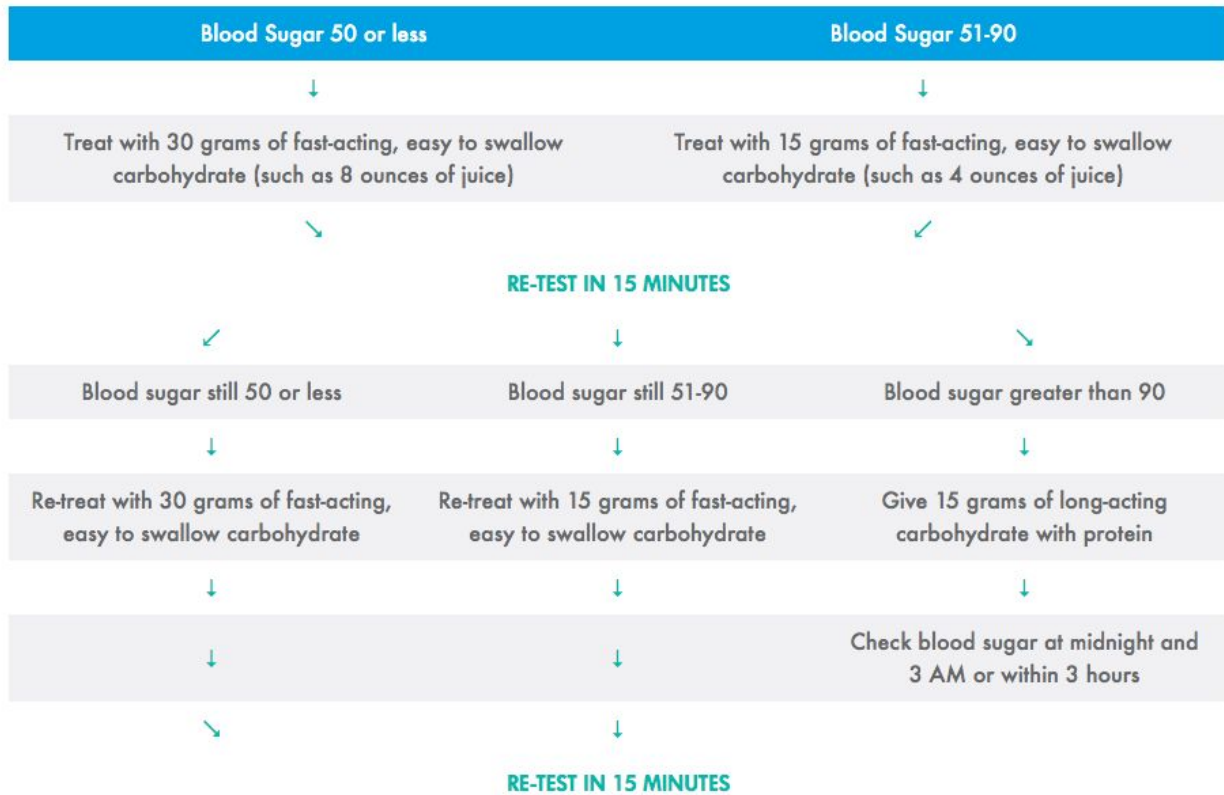
# Treating Low Blood Sugar At Night

There are two ranges of blood sugars to treat if your child is low because they need more carbohydrates if their blood sugar is less than 50.

## Nighttime Low Blood Sugar Treatment For Children UNDER 5 Years Old



## Nighttime Low Blood Sugar Treatment For Children OVER 5 Years Old



## Carbohydrate Ideas

Whether during the day or at night, it's important to give your child the right amount of carbohydrate to get their blood sugar levels back to normal. Always have treatment for lows with your child.

7.5 grams fast-acting carbohydrate ideas include:

- 1/4 cup (2 ounces) juice
- 1/4 cup of regular soda pop
- 1/2 tablespoon sugar
- 1/2 tablespoon syrup
- 1/2 tube glucose gel
- 1/2 tablespoon regular jelly

15 grams fast-acting carbohydrate ideas include:

- 1/2 cup (4 ounces) juice

- 1/2 cup of regular soda pop
- 1 tablespoon sugar
- 1 tablespoon syrup
- 3-4 glucose tabs
- 1 tablespoon honey

7.5 grams long-acting carbohydrate ideas include:

- 1/2 slice of bread
- 2 graham cracker squares
- 3 saltine crackers
- 21 goldfish crackers
- 1/4 cup chocolate milk
- 1/2 cup milk
- 4 ounces of formula/breastmilk
- Any 7.5 gram carbohydrate item

15 grams long-acting carbohydrate ideas include:

- 1 slice of bread
- 3 graham cracker squares
- 6 saltine crackers
- 1/2 cup chocolate milk
- 1 cup milk
- Any 15 gram carbohydrate item

Remember:

- 1/4 cup = 2 ounces
- 1/2 cup = 4 ounces

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Do you still have questions about low blood sugar? Contact the diabetes team at [Children's Diabetes Center](#), Children's Hospital & Medical Center at [402-955-3871](tel:402-955-3871) to find out more about how to safely manage your child's diabetes with these medications.

Visit us online at [www.childrensomaha.org/diabetes](http://www.childrensomaha.org/diabetes)