**Hypoglycemia Management**

- **What is hypoglycemia?**
  A blood glucose (BG) of:
  - Less than 70mg/dl for children over 5 years
  - Less than 80mg/dl for children under 5 years

- **How do I treat a low BG?**
  - Use the Rule of 15! Treat a low BG with 15 grams (g) of carbs. Wait 15 min and check again. If still low, treat with an additional 15g carbs

- **What does 15g of fast-acting carbs look like?**
  - ½ cup of apple juice
  - 1 tbsp. of honey
  - 4 Starburst candies
  - 4 tsp. of table sugar
  - 1 tbsp. of jelly

- If you are on a hybrid closed loop pump such as Tandem or Medtronic, you may only need 10 g (not 15 g) to treat lows as the pump already changes insulin doses

- **Always have a treatment for lows on you. Impress your diabetes team by showing us your sugar when you come to see us!**

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**Let’s Get Back into Routine!**

*During the pandemic, it has been especially hard for children (and adults too!) to keep up with a daily schedule. Research shows that routine can help create structure, provide a sense of accomplishment, promote mental health and reduce anxiety, and contribute to better sleep. Below are tips to improve your routine:*

**Bedtime:**
- Go to bed around the same time each night
- Remove screens at least 30 minutes before bed
- Dim lights 30-60 minutes before bed
- Sleep goals for age:
  - 3-5 years old: 13 hours/night
  - 6-12 years old: 9 to 12 hours/night
  - 13-18 years old: 8-10 hours/night

**Meals:**
- Try having meals and snacks at similar times daily by using set time frames
  - Example: breakfast between 8-9am, lunch from 12-1pm, dinner at 6-7pm
- Eat meals and snacks, sitting at the table with no screens. Do your homework in a different place from where you eat
- As able, eat meals together with your family

**Physical Activity:**
- Get up between class times to stretch your legs and take some steps
- Pre plan physical activity by creating a schedule each week. Set your active clothes by your bed the night before so you are ready to go!

Trying new activities can be part of a healthy routine! Find more information on how to make a new home routine [here](#)

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**What’s happening at NewYork-Presbyterian Weill Cornell?**

- **February 2021 Classes:**
  - Tech Night- Feb 1st at 5:30pm
    - Review of diabetes technology
  - Type 2 and Me- Feb 8th at 5:30pm
    - Medication and nutrition management for Type 2 Diabetes
  - Advanced Pump Training: Feb 22nd at 5:30pm
- **Coming soon!** Two new programs for middle schoolers and high schoolers with type 1 diabetes.
  - Each program consists of 4 weekly sessions that encourage diabetes self management and allow a chance to meet peers with Type 1. More information to follow
  - **March 2021- middle schoolers**
  - **April 2021- high schoolers**

RSVP to [WCMpedsendo@med.cornell.edu](mailto:WCMpedsendo@med.cornell.edu) for any/all events and you will receive a zoom link
Dietitian Corner:

**Winter Recipe: Banana Egg & Oat Pancakes**

**Ingredients (makes 1 serving)**
- 1 ripe banana
- 2 eggs
- ¼ cup of oats
- Oil or pam for cooking
- Optional- cinnamon, vanilla

1. Mash the banana and add in the eggs, oats, a pinch of cinnamon, and vanilla.
2. Heat the oil in a skillet over medium heat. Pour the batter and cook. Flip the pancake and cook for another minute or two
3. Enjoy!

Serving=40 grams of carbohydrates

Tip: top with yogurt or peanut butter!