

## **Children are a gift and they must be happy in spite of their chronic illness.**

**Helena Vavrova**

Czechia

### **Abstract**

*Type I diabetes is one of the most common chronic diseases, even in childhood. New data suggest a trend towards a decreasing age of onset of type 1 Diabetes mellitus.*

### **Education of pre-school children and their parents**

We are living in the World of modern technologies which penetrate more and more in education of children and help better and better to manage their diabetes.

However, still exists the gap in education of the smallest children with diabetes. These are toddlers and preschoolers. Their universe is different- it is the universe of fairy tales, mystery, fantasy. They believe these creatures. and are willing to cooperate with them.

This youngest group have lived with their illness maybe all their life and a threat of chronic complications is the biggest.

### **Age-related characteristics of type**

- The specific problems of diabetes in the young child include high insulin sensitivity and large variation in physical activity and diet.

In addition, young children, infants and toddlers are often unable to detect and communicate symptoms of hypoglycaemia

How to explain to pre-school children that every day multiple insulin injections are not punishment for something that they have done wrong, but it is absolutely normal and the same as, i.e. brushing their teeth. Diabetes has the most serious impact in the family. Parents undergo considerable trauma learning to diagnose diabetes. They may often feel guilty that in some way they are responsible for the child developing diabetes. They fear the consequences of hypoglycaemia and the long term complications of disease.

### **The child is not ready to give up every day pleasures which give meaning to their lives.**

- All physicians face a difficult task in explaining the fundamentals of the disease including its possible limits and complications in the future.

If the patient is a child the task is even more difficult because the ontogenetic level of development of cognitive and volitional processes of a young person is neither ready to receive medical information nor to respect strict restrictions in diet.

### **All family must be responsible for a child with diabetes**

- It has been known that fathers are often less involved with the care of the diabetic child than mothers are.
- In some families grandparents have an important role in the family and their importance creates tension between the parents' children particularly as the grandparents are not targeted for education.
- Siblings are also affected by the diagnosis of diabetes they become jealous of the attention that the diabetic child receives.

### **Children's natural playfulness and thirst for knowledge**

- Through games, pre-school children unintentionally learn how the world works. Their curiosity is a chance for the "entertainers" to involve the information they want the children to learn
- *Why has a little puppy started „wetting the bed“ ? (symptoms of disease)*
- *Why was destroyed Island kingdom. How to save „insula.“ (destruction of Beta cells)*
- *Where is magic key ? (tell me about insulin)*

### **Fairytale motive for explanation of good and evil**

- The world of fairytales is lively and attractive to children and allows them to connect the elements of the real world (different problems and situations) with the world of fairytales.
- Imagining where they follow a different set of rules than in the "real world".
- The world of tales is mysterious for children because a lot of funny things happen there.
- Fairytale characters have more authority than the children's parents or their physicians.
- Disrespectful and evil creatures are punished just as children could be if they don't follow the necessary rules.

### **Diet is perceived by most patients as the most significant threat to their quality of life**

- What is Sketo ? Sketo is a Greek word which means without sugar

*Davy is 5 year old boy who got ill with diabetes in Greece. It's fearful boy and Sketo is little hospital's gimly who helps Davy to get rid off fear of injections and who teach Davy to the principles of diet and illness*

### **Hypoglycaemia in diabetic children how can hypoglycaemia be prevented?**

- Insulin induced hypoglycaemia is the most common acute complication of type 1 diabetes treatment and is probably the single greatest limitation to maintaining strict glycemic control
- *About Karolinka, who forgot to take a snack and forest animals helped her*
- *Karolinka is a little bird which became hypoglycemic due to omission her snack*

### **Moral authority of fairytale characters**

- Fairytale characters set an example for children, so the educators often refer to them during a visit. This principle is used to explain difficult relations and plots that are hard to understand.
- Children are often asked to make decisions that they have recommended to fairytale characters.
- **This is a crucial element of the education.**

I

### Is Diabetes evil ?

No, it is not, because is well curable and you must learn, how to do it. It is similar to the Little Prince to take care about his rose.

*„My flower is threatened with impending death ?*

*„Certainly. “*

*„My flower is ephemeral, the little prince said to himself and she has only four thorns to defend herself against the World. And I have left her all alone on my planet ! ( Antoine de Saint-Exupéry The Little Prince)*

The brothers Rapid and long acting inzulín How they work
--



Why the little poppy started wetting bed ?  
Symptoms of diabetes



Who is Sketo ?

