**Practising carbohydrate counting over the summer**

Starting high school is an exciting time. However, it can also raise a few anxieties especially when your child has to manage their diabetes on top of finding their way around, getting to grips with new timetables and making new friends. Lunchtimes are an important social time and we don’t want your child to be worrying about whether they are giving the right amount of insulin.

The summer holidays are a perfect time for you to support your child with some practical carb counting, building their confidence so it becomes one less thing to worry about – for both of you!

To help you practise carb counting over the summer, we have put together some suggestions that you can try.

1) Parents carb count a meal but do not give the carbs to child. Parent asks child to estimate the carbs in the meal using the carbs and cals book/app

Compare the 2 carbohydrate amounts and review/discuss with child

2) If you go out for a meal both you and your child carb count it and see if the amounts are similar. Discuss together how they might do this at school.

3) Practise carb counting from a food label both at home and when buying food out