



For many families newly diagnosed with type 1 diabetes (T1D), few words instill as much fear as Halloween. A whole holiday centered on candy can be a lot for families to handle. However, with the right tools and attitude, Halloween can be just as fun for someone with T1D as it is for any other goblin or ghoul.

Here are some helpful tips for having a T1D scare-free Halloween.

MAKE A PLAN

Planning ahead for classroom parties, trick-or-treating and everything in between will help make a potentially challenging holiday manageable. It’s important to make sure that teachers, neighbors and temporary caregivers all know how to handle the abundance of snacks and excitement. Things they should know include:


- The amount of candy you are comfortable with your child consuming
- The appropriate insulin dosing based on activity level, blood-glucose reading and the type of food being consumed
- Any foods they should avoid
- The symptoms of hypoglycemia and hyperglycemia and how to handle
- A parent or guardian’s contact information

KNOW YOUR CARB COUNTS

From candy corn to bite-sized candy bars, it’s important to know accurate carb counts to administer the correct insulin dosages. Here is a chart with some of the most common candies of the season, but look up anything you are unsure about.

For more carb counts, check out this list: jdrf.org/candycarbs

CANDY	SIZE	TOTAL CARBOHYDRATES (GRAMS)
Blow Pop	1 pop	13g
Candy Corn	19 pieces	36g (1.9g per piece)
Fun size candy bar	1 bar	10-15g
Hershey’s Kiss (milk chocolate)	9 pieces	25g (2.8g per Kiss)
Jolly Rancher (hard candy)	1 piece	6g
M&M (fun size bag)	1 bag	13g
Reese’s Peanut Butter Cups	2 1oz cups	24g
Skittles	15 skittles	15g (1g per Skittle)
Sour Patch Kids	16 pieces	37g (2.3g per piece)
Swedish Fish	19 pieces	36g (1.9g per fish)
Twizzler	1 stick	9g



Running around during the evening hours may not be a part of your child's typical routine. Here are a few tips to ensure that trick-or-treat outings go smoothly.

- All the activity and excitement around trick-or-treating can cause low blood sugars, so talk to your healthcare provider about setting a lower temporary basal rate to account for all the nighttime exercise.
- Lower temperatures can contribute to hypoglycemia. Regardless of costume, make sure your child stays warm.
- No matter how complicated the costume, pumps and continuous glucose monitors (CGM) should be easily accessible. Find a place to stash your insulin pump and CGM under your child's costume. There are a variety of products designed specifically for T1D supplies as well as other options designed for athletics.
- Have a plan for eating candy and food while trick-or-treating.
- Take inventory! Sneakily consumed candy can be the explanation for some elevated Halloween blood sugars.




**TRICK or
TREAT**



HALLOWEEN TREAT ALTERNATIVES

People with T1D should enjoy Halloween treats, but it's also an opportunity to get creative and turn candy into other sweet treats.

- Save some of the candy for treating lows. Candies that feature dextrose as a key ingredient such as Smarties are great for quickly bringing up blood sugars while candies with higher fat content like chocolate bars are not best suited for treating lows.
- Offer to buy back the sweets from your child.
- Turn some of your child's pile of candy into alternative treats by using candy as currency to buy a book, toy, computer time or other things your child enjoys doing or receiving. Check with your local dental offices. They often have candy buy-back programs.
- Give back to others! Food pantries and hunger groups often accept candy donations for those in need. And military organizations will send candy to troops overseas.



HAVE FUN! Halloween should be a blast for all kids, including those with T1D. We hope these tips and tricks ensure your Halloween is fun, not freaky!