

Mastering Glucose Control for Under 5's



Dusk-Then-Drop Phenomenon

- ✓ Lower glucose target early evening
- ✓ "Fake carbs" for supper
- ✓ Set a higher glucose target overnight to avoid hypos.

Tackling the Midday Hypo Trap

- ✓ Weaker carb ratio at lunch
- ✓ Higher target before and after lunch

Pre-Bolusing

- ✓ ~15 min before eating
- ✓ Build confidence in pre-bolus :50% → 75% → 100%
- ✓ Keep carb counting within $\pm 5-7$ g



Behavioural Strategies

- ✓ Consistent mealtime routines (same time/place)
- ✓ Gradual exposure to new foods
- ✓ Offer choices, avoid force

Nutrition

- ✓ 40–50% of intake as carbohydrates.

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