

I can tell you about blood sugar target ranges

What is the target range for blood sugars in a person with diabetes?

The **target range** gives the blood sugar levels which are safe and healthy for your child. Blood sugar is measured in **milligrams per deciliter** or **mg/dL**, although some people use the word points. Here are the target ranges for blood sugar levels before meals. Target range is based on age.

Children under 6 years old

100-180 mg/dL during the daytime

110-200 mg/dL before bedtime and overnight

Children between 6 and 12 years old

90-180 mg/dL during the daytime

100-180 mg/dL before bedtime and overnight

Teens between 13 and 19 years old

90-130 mg/dL during the daytime

90-150 mg/dL before bedtime and overnight

The target range may be personalized to better fit your child's needs. Because there are many things that may affect blood sugar levels, it is impossible for your child to stay within the target range all the time. There will be days that you and your child do everything right and still have a blood sugar that is not in target range. That is OK. Blood sugar levels do not have to be perfect. The goal is to do as much as you can to get blood sugar in the target range as much as possible.

How we talk to children about blood sugar levels is important. Talk about the blood sugar number using words like “above target range,” “in target range,” or “below target range.” Do not use words like “good” or “bad” to describe your child’s blood sugar levels. These words can make children feel like they are “good” or “bad.” To avoid being “bad” some children may hide or change the real blood sugar readings.

How do I keep my child’s blood sugar level in the target range?

There are several things you can do to keep the blood sugar levels in the target range as often as possible. These are called self-management skills.

Giving the diabetes medicine.

For type 1 diabetes, your child needs insulin injections several times each day.

Testing the blood sugar level at least 4 times a day and writing the results on your log.

Eating healthy. People with diabetes do not have to be on a special diet. The guidelines for healthy eating for children with diabetes are the same for children without diabetes.

Being active. Exercise keeps people healthy, whether they have diabetes or not. Being active helps to keep your child’s blood sugar level in the target range.

Managing high and low blood sugar levels. Hyperglycemia means a high blood sugar level is above target. Hypoglycemia means a blood sugar level is below target. There are things we can do to get high and low blood sugar levels back into target range.

Healthy Coping. Diabetes can be stressful on every member of the family. Finding resources and support can keep your family emotionally healthy.

Following up with your Diabetes Team. It is important that your child see the Diabetes Team every 3 to 4 months. Members of your child’s team will help you manage your child’s diabetes. At these visits, your child will have physical exams and lab tests to make sure he or she is healthy. The team will also look at the blood sugar logs to see if any medication changes should be made.

Now that you've read this:

- Tell your nurse or doctor about what the target range means.
(Check when done.)
- Tell your nurse or doctor your child's blood sugar target range during the day.
(Check when done.)
- Tell your nurse or doctor your child's blood sugar target range at bedtime and at night. (Check when done.)
- Tell your nurse or doctor 3 things you can do to help keep your child's blood sugars in the target range. (Check when done.)

Disclaimer

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