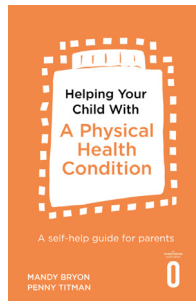


Resources

Remember, you don't need to know everything straight away, focus on getting the basics right and reading the resources given to you by the Paediatric Diabetes Team. When you're ready for more, here are some recommendations:

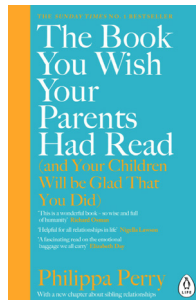
Websites:

www.diabetes.org.uk
www.t1resources.uk
www.JDRF.org.uk
www.digibete.org



Books:

- *'Helping your child with a physical health condition'* by Mandy Byron and Penny Titman.



- *'The book you wish your parents had read (and your children will be glad you did)'* by Philippa Perry. This book isn't diabetes specific, but a good general text to help parents support their children.

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Information for parents and
carers of a child newly diagnosed
with Type 1 Diabetes

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How are you feeling?

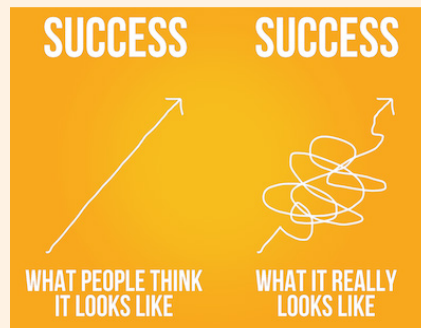
When a child is diagnosed with Type 1 Diabetes, parents and carers report a whole range of feelings.

You may be feeling worried, sad, shocked or angry, a combination of these or something else entirely. Whatever you are feeling, these sometimes difficult emotions are normal and natural.

You may also be feeling uncertain and lacking in confidence. You are not alone - most parents feel this way as they begin to understand new and sometimes complex information about Type 1 Diabetes.

Where to start...

- Give you and your child time to adjust, both emotionally and practically to the changes in your lives and the demands of diabetes. Things will get easier.
- Take a 'one for all' approach, acting as though everyone in the family has diabetes. This will help share diabetes tasks equally amongst family members and also help your child to feel supported.
- If a particular task feels big and scary, break it down into smaller and more manageable steps.
- Congratulate yourself and your family regularly on all the small, positive steps you make.
- Reach out to your family and close friends when you are ready. Share information and involve them.
- Don't get caught up with missed tests and high blood sugars. Progress is never linear. Identify what went wrong and make a plan for what will help next time.
- Contact the diabetes team if you are struggling; we're here to help.



Listen: Your child's life has changed. Listening and helping them to express their thoughts and feelings is one of the best things you can do. Be a 'sponge' and soak up your child's worries and frustrations. Do not feel you need to have all the answers or solutions. Listening well is often enough.

Normalise difficulties: At times you and your child will cope really well and at others you might not. Be kind to yourself and each other, you are only human.

Notice and name feelings e.g. "it sounds like you're feeling angry/sad/worried". Let your child answer and respond with curiosity.

Validate feelings e.g. "that sounds really tough, I'd feel the same way", "that must be really hard, I'm here for you." Acknowledge that having diabetes is difficult.

Avoid minimising distress and moving to reassurance/problem solving too quickly.

Involve your child: Help your child to think about what they would like to try. Be flexible and build upon their ideas and experiences.