

Top 10 Tips

for Parents of Children Newly Diagnosed with Type 2 Diabetes (T2D)



1 Do not play the blame game

- Do not blame your child for overeating junk food or for watching too much TV.
- Do not focus on the past. Work with your family and your diabetes educator and diabetes care team to make family-centered lifestyle changes and move forward.

2 Incorporate healthy changes into your lifestyle

- A balanced diet with portion control and an increase in physical activity are the best medicine! Your diabetes educator can help you to create a plan that works for your child.

3 Life-long changes are vital

- Diabetes is a life-long condition. Short-term changes are a step in the right direction, but focus on staying healthy in the long run.
- Continue to meet with your diabetes educator and diabetes care team.

4 One step at a time

- Significant lifestyle changes can be challenging.
- Set achievable, small goals for yourself and continue to work towards them.
- Your diabetes care team can help you set and achieve these realistic goals.

5 You will adjust to your new normal

- A new diagnosis may be shocking at first. It will take time to adjust to your new life with diabetes.
- It is important to stay involved in the same activities as before your child was diagnosed and to make your child not feel different from his/her peers.
- Technology is your friend, so don't be afraid to learn how to use it. If you have questions, ask a diabetes educator or your diabetes care team.

6

Focus on the family unit

- Your family is in this together. If the whole family makes changes, your child is more likely to make changes as well.
- Children need supervision and support from other family members when taking medications and making lifestyle changes.
- Find friends with children that have thrived with T2D successfully and observe how they manage to stay physically and mentally healthy.

7

Support and encouragement are essential

- A new diabetes diagnosis is a lot to handle. It is okay to feel overwhelmed. Remember that you aren't in this alone!
- Meet with a diabetes educator to help attain safe and healthy goals. Do not be afraid to ask questions, they are your number one supporter.
- Online support communities can be wonderful resources when used properly. Be aware of who is providing the information, the source it's coming from and how it might affect your child. Always consult with your diabetes educator or diabetes care team before making changes to your care plan. Remember that every person is different and what works for one individual may or may not work for your child. Learn more at DiabetesEducator.org/PeerSupport.

8

Empower your child

- It's your child living with diabetes, encourage them to advocate for themselves at school and in their medical care.
- Ask your child for their input at diabetes appointments.
- Your child needs your support, stay involved throughout!

9

Have some fun

- Invite friends over to cook instead of going out to eat.
- Try new foods and activities.
- Have your child try a new sport or activity after school.
- Find an exercise you love like dancing and invite your whole family!

10

Don't forget about mental health

- Diabetes burnout is real. It is normal to feel stressed by diabetes and to seek mental health support.
- Seek mental health support if you have any concerns for yourself or your child. Ask your diabetes educator or diabetes care team for a referral.