



# 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 watching too much TV.
- Do not focus on the past. Work with your family and your diabetes care and education specialist 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 care and education specialist 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 care and education specialist 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 make they not feel different from their peers.
- Technology is your friend, so don't be afraid to learn how to use it. If you have questions, ask a diabetes care and education specialist 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.



## Top 10 Tips for Parents of Children Newly Diagnosed with Type 2 Diabetes (T2D).



### **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 care and education specialist 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 care and education specialist 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.

### **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 care and education specialist or diabetes care team for a referral.