

## Talking about diabetes with family

Talking about type 1 diabetes isn't always easy, but open conversations can make a big difference. Whether it's with family, friends, teachers, or your child, there are ways to make those talks feel less stressful and more supportive.

Ask your child how they'd like to talk about diabetes. Would they prefer face-to-face chats, or maybe texting questions instead?

Don't underestimate the power of feeling heard. Giving them a say can make conversations feel more relaxed and supportive. You might also find it easier to talk in settings where the focus isn't directly on them. For example, while driving in the car or going for a walk together.

When talking with your child you can ask if you can help but remember that you can't fix everything. Sometimes your child may want you to just listen as they empty their 'emotional cup'.

Talking about diabetes is a journey, not a one-off event. Small, open conversations can build understanding and help create a stronger support network for both you and your child.

Every young person is different, so the best approach is to keep conversations open and decide together what feels right for all of you

Here are some helpful tips to help with....



**Starting a conversation**



**Siblings**



**You've got this!**

## Starting a conversation

Talking about diabetes can sometimes be challenging. Conversations might come up unexpectedly and you might use that opportunity to talk about diabetes. You might also plan a time that feels right. What matters most is keeping things open and flexible.

Remember, discussions don't always need to feel like a "big talk." Often, weaving diabetes conversations naturally into everyday chats can help reduce pressure.

Sometimes it can be helpful to choose a time to talk when everyone feels relaxed, such as on a weekend or in the early evening, rather than during busy moments like getting ready for work, uni or school. These calmer times can make it easier for everyone to listen and share.

If your child feels there's too much diabetes talk, try finding a better time or ask your child whether adjusting the approach would be helpful. When they come in from school, uni or work, ask about their day or other topics before bringing up diabetes. Don't make it the first thing you mention. Remember they may not want to talk and that's okay. Let your child know you are there for them when they want to talk to you. Letting them know you are always there.

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## Siblings

It's also important to recognise the wider impact on siblings, who may sometimes feel overlooked when attention needs to be focused on managing diabetes related situations.

For example, if you are supporting a child during a hypo while another child needs non urgent attention. You can gently acknowledge this by saying something like, "I'm here for you too, just give me 30 minutes and I'll come to you."

This can help them feel seen and reassured. Being mindful of siblings' feelings and actively communicating with them about what's happening can go a long way in maintaining emotional balance and strengthening family relationships.

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## You've got this!

It's important to remember that you already have the skills you need. As a parent, it's natural to want to fix things, but giving yourself permission to simply sit, listen, and be present can be incredibly powerful.

You are your child's safest person to share their thoughts and feelings with. Sometimes, it's helpful to remember that not every conversation has to be about diabetes. Taking time to sit, listen, and reconnect helps strengthen your bond and reminds your child that they're supported in every part of their life.