

Building Your Support Network

When your child is newly diagnosed, it can feel overwhelming. You don't have to do this alone. Building your support network early helps you focus your energy where it matters most and gives you the strength to keep moving forward.

What to do:

Identify your support people



Take a few minutes to write down the names of people you can lean on in the first few months.

These might be family members, friends, other parents who understand type 1 diabetes, or members of your healthcare team.

Staff at school or your work colleagues can also be part of your support.

Reflect on their roles

Next to each name, write how they can help, whether it's...

- Listening when you're tired.
- Helping with school pick-ups.
- Learning about diabetes care.
- or just bringing a sense of normality.

Focus your energy wisely

Remember:

It's better to have three people who really understand and show up for you than a long list of people who don't.

Invest in those connections.



Keep this list handy



As you move forward, your network may grow or change and that's okay.

What matters is knowing you're not alone on this journey.

If this resonates with you, talk to your team about ways to access support. Or if you find it difficult to connect with others you may also find inspiration in Brené Brown's TED Talk, *The Power of Vulnerability*. It's okay if connecting with others feels difficult right now. Everyone moves at their own pace, and what matters most is finding the right people, the right way, and the right time that feels comfortable for you.