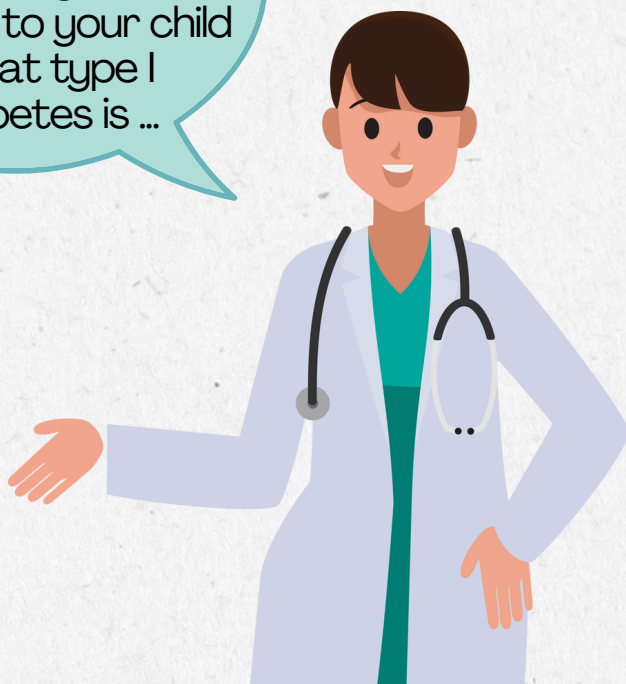


# How to Talk to your Children About Having Type I Diabetes

You may be wondering how to explain to your child what type I diabetes is ...



**Type I diabetes is when people's bodies stop making something important called insulin. Insulin helps turn the food they eat into energy that their bodies can use. Type I diabetes means their body doesn't make insulin, which means their blood sugar can get too high.**

**To help, people with type I diabetes need to take insulin every day. They also need to pay attention to the types of food they eat, and amount of exercise they engage in to control their blood sugar levels.**

**Even though type I diabetes can seem scary, kids with this condition can still do all the things they love to do. With the right care, support and education about this condition, they can grow up happy and healthy!**

## Things to Keep in Mind when Talking to your Child:

### Honesty

It's important to be honest to your child about their diagnosis. Ask your child questions that help them share what they want to know about their diagnosis. Giving children clear and honest information helps them understand the changes in their body and what doctors or family are doing to help.

### Open communication

Allow your child to feel open to ask questions. Emotions like sadness and fear are common when the child first understands their diagnosis; allow them to talk about how they are feeling. Bring positivity and reassurance to the conversation!

### Appropriate Language

Use direct and clear language to your child about their diagnosis. Try and be understandable without being too simple to ensure your child doesn't feel patronised by language they don't understand.

### Intervention Tools

Develop a set of intervention tools that can help you prepare for your child's reaction about their diagnosis. This can help you navigate their abilities, disabilities and preferences. A suggestion of an intervention tool is building a social story to help you disclose their diagnosis.