

Diabetes

Language Matters **Pocket Guides**

Parents and Families



Introduction



We often hear that it takes a [village to live with diabetes](#). Support from loved ones, health professionals and work colleagues makes life with diabetes easier.

How our families communicate to and about us and diabetes is critical. This guide is to help support parents of people with diabetes and our families to communicate in a way that [supports us](#).

BIG IDEAS:

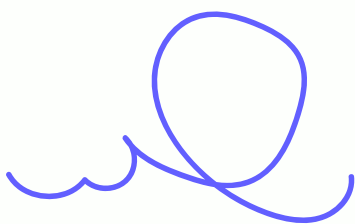
Don't make it about you

The centre of all conversations about diabetes must be the person living with it. It is their diabetes.

Consent Matters!

Ask if it's okay to share your loved one's story about their diabetes. But, of course, you might need support too.

Find your spaces to do that.



FOR PARENTS

Be your child's biggest advocate

Your child is watching you! They are taking in what you say about their diabetes and that shapes their own attitudes. Make your child a part of all diabetes decisions. If your child wants to share, don't silence them. Ask, don't assume. Trust your child and believe them!



During Diabetes Consultations

Be an ally! Stand up for your child if they are feeling judged. Call out all stigma. Give your child space to talk for themselves - don't speak for them. Privacy and confidentiality matters. Be led by your child - do they want some time alone with their HCP, and if they do, step away. (This is actually great - and well done for raising an independent kid!)



Conclusion

Being the loved one of a person with diabetes can be difficult at times. We recommend always being guided by your child and listening to how they prefer to present diabetes to the outside world. They may want to - openly talk about their diabetes, or they may prefer to not share too widely. Follow their lead and respect their wishes.

Remember that this is [their diabetes](#).

They absolutely need you to support them and love them, but they also need to know that their story remains their own.



Acknowledgments

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