

Who can I talk to?



Your diabetes nurse or any of your diabetes team can talk with you about the practical bits of diabetes, like

exercise, food, managing at school, clubs and sleepovers.

Family or a friend – it is always good to have someone to talk to about having diabetes, and even sometimes just to be able to say that you are fed up.



Clinical Psychologist – if you are struggling with your feelings about diabetes, you could talk to the team Clinical psychologist.



What does the Clinical Psychologist do?

The Clinical Psychologist can help you talk about tricky feelings around having diabetes. They might work with you, or you and your parents, to find ways of helping you cope with your diagnosis or managing your diabetes.

Where can I get more information?

You can ask your diabetes team about the Clinical Psychologist.

(01803 655579)

Diabetes UK website

www.diabetes.org.uk

Website for children with diabetes

<http://www.jdrft1.org.uk/>

National anti-bullying website

www.bullying.co.uk

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Coping with
worries about
diabetes

A leaflet for children aged 5-
8 with diabetes

Diabetes should not stop you from having fun. You can still play games, go on trips, sleepovers, and all sorts! Your family can plan for what you are going to do.

I'm worried I won't be able to have fun any more

Bullying you for any reason is wrong – if someone does this, tell your teacher and your family. They can help. Your school might have an anti-bullying group that you could join or get involved in.

I'm worried about bullying at school

You can still have nice foods and treats with mealtimes with some insulin – diabetes should not stop you from eating nice things. *All* children should have limits to the things they eat, to keep them healthy.

I'm sad that I can't eat what I want to

I feel sad because I have diabetes

Lots of people feel sad or cross when they find out they have diabetes, and that's ok. **Tell someone how you feel**, if it is hard to talk about it, drawing your feelings can help!



I'm scared of injections or blood tests

I don't understand what diabetes is

Why me?

It is ok to be a bit scared! **There are lots of things that can help, though.** You could try distracting yourself, maybe watching TV. Talk with your family about how you would like injections to be, where you want to sit, who you want to be there, etc. If you still find it hard, tell your diabetes team.

Your body is not making enough insulin, so insulin injections keep you well. Blood sugar (finger-prick) testing tells your Mum or Dad how much insulin to give you. You will learn more as you get older, but when you want to know more, please do ask your parents or the team.

Lots of kids ask this question when they find out they have diabetes. Nobody, even the scientists, really knows why – **but it is not your fault.** There is nothing you or your family have done to cause it.