

## Who can I talk to?



*Family or a friend* – it is always good to have someone to talk to about your worries, and even sometimes just to be able

to say that you are fed up.

*Clinical Psychologists*, just ask your parents to contact the diabetes team if you feel your brother/sister's diagnosis of Diabetes is really getting you down.

## Where can I get more information about diabetes?



**Diabetes UK website**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

**Website for children with diabetes**

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

Torbay and South Devon **NHS**

NHS Foundation Trust



**PATIENT INFORMATION**

Coping with  
worries about  
diabetes

**A leaflet for the brothers or sisters  
of children with diabetes**

**I'm fed up with diabetes**

It feels like all everyone talks about is diabetes, and life just revolves around diabetes! Try talking to your brother or sister about what it may be like for them and ask your parents if they have ever felt fed up. You may be surprised that your family may have felt fed-up at some points too! Talking it through with them may help you. If you do not want to talk, try writing it down or drawing how you feel.



**I'm jealous of the attention my brother/sister is getting**

Firstly, this is a natural feeling and quite common when you see how much time parents may have to spend with your brother/sister, especially if they have only recently been diagnosed. It is likely that your parents are feeling really bad that they cannot give you as much attention as they would like too. Try telling them how you feel and see if you could arrange time to spend with them each day too, e.g. to play a game, to help you with homework etc.

**I want to know more, but I'm afraid to ask**

It is great that you want to know more. It could help you to understand diabetes better and to learn more about why your parents may have to spend a little bit more time with your brother/sister at certain times of the day. You could also learn when and how you could help your sibling! You could show this leaflet to one of your parents, to start a chat with them or if you have internet access (with your parents' permission) you could go to: <http://www.diabetes.co.uk/kids/index.html>

**I can't talk to my parents; I don't want to add to their troubles**

Sometimes, you might really need someone to talk to, but you feel you have to be strong to help your parents. Remember that they are your parents too and want to be there for you as much as for your brother/sister. If talking is hard, you could write things down that you want to say to them, or could you speak to another relative to help you? Remember to try not to keep things bottled up!

Type 1 diabetes is not something you catch from someone, and it is not something you get from eating too many sweets. No one, not even the doctors, know for sure why some children get diabetes and others do not. Talking to your parents or other close family members may help you with this.

**I'm scared I'll catch diabetes too**

Lots of children can ask this question. Nobody, even the scientists, really knows how it is caused – but it is not anybody's fault. It cannot be caught in the same way as the 'flu' can be spread around. Diabetes means that your brother or sister's body is not making enough insulin, so they have to take insulin injections to keep them well. Testing their sugar levels helps them to know how much insulin they need to give to stay well and healthy now and in the future.

**What causes Diabetes?**



Having a brother/sister with diabetes can be worrying sometimes and you may have lots of questions about it. It can help to talk to someone like your parents about these worries. It might help to learn a bit more about diabetes, so ask your parents or someone who knows about diabetes. Lots of people manage diabetes well, and it does not have to stop your brother/sister doing everything you or your friends enjoy doing. There are famous singers/actors/athletes etc. like Steve Redgrave, who have not let diabetes stop them following their dreams!

**I'm really worried about my brother/sister with diabetes**