

PATIENT INFORMATION

Coping with worries about diabetes

a guide 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 parent(s) 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 or sister is getting

Firstly, this is a natural feeling and quite common when you see how much time parent(s) may have to spend with your brother or sister, especially if they have only recently been diagnosed. It is likely that your parent(s) 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 parent(s) may have to spend a little bit more time with your brother or 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 your parent(s), to start a chat with them or if you have internet access (with your parents' permission) you could go to: [My Life - a Guide for Kids With Diabetes | Diabetes UK](#)

I can't talk to my parent(s); 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 parent(s). Remember that they are your parent(s) too and want to be there for you as much as for your brother or 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.

I'm scared I'll catch diabetes too

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

What causes Diabetes?

Lots of children can ask this question. Nobody 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 or use a diabetes pump 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.

I'm really worried about my brother or sister with 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 parent(s) about these worries. It might help to learn a bit more about diabetes, so ask your parent(s) or someone who knows about diabetes. Lots of people manage diabetes well, and it does not have to stop your brother or sister doing everything you or your friends enjoy doing. There are famous singers, actors and athletes etc. like Amelia Lily, who have not let diabetes stop them following their dreams!

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 or 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

DigiBete - website for children with diabetes:

www.digibete.org

- DigiBete Kids & Parents - Under 5s
<https://www.digibete.org/content/page/under-5s>
- DigiBete Kids & Parents - 6-7s
<https://www.digibete.org/content/page/6-7s>
- DigiBete Kids & Parents - 8-9s
<https://www.digibete.org/content/page/8-9s>
- DigiBete Kids & Parents - 10-11s
<https://www.digibete.org/content/page/10-11s>