

# SELF-CARE TIPS

## For Parents & Caregivers of Children with Diabetes

### 01 ESTABLISH SELF-CARE PRACTICES

These come in a variety of forms and is personal to you. Meditation, getting enough sleep, exercise, eating right, lunch with a friend, getting a massage, nail/hair care, saying no, healthy boundaries, taking a vacation, alone time, quiet time... whatever works for you to disconnect from the stress of life and nourish your soul.

### 02 MANAGE STRESS

Find a healthy means of coping like deep breathing, take a walk, or phone a friend.

Find things to do regularly and those you can do when stress pops up.

Identify the top stressors in your life and some ways you can plan ahead to tackle them.

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### GET ORGANIZED

It will help to minimize stress and gain a sense of control. This includes a routine for yourself and your kids. It may include meal planning and prepping to make the morning and evening rush run more smoothly.

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### MANAGE YOUR OWN HEALTH

Having a child with diabetes is medically demanding and makes it easy to forget about your own health.

Eat right, exercise, get enough sleep. Not only will these help with your health, but it will also help manage stress and improve mental health.

If you wouldn't let your child skip meals, eat junk, or stay up too late, don't slack on setting this standard for yourself.

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### FIND SAFE SITTERS

This is critical for your alone time, kid-free social time, and peace of mind. Safe sitter sites identify sitters competent in diabetes in your area.

For a cheaper option, find other families of kids with diabetes; this provides a diabuddy for your child and a mutual sitting option for both families.





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### CONNECT WITH OTHER PARENTS

It helps to know you are not alone and that others have similar experiences to you. Talk to others in person, at an organized event, or online. Ask and share tips and tools to learn from and support each other.

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### DON'T BE AFRAID TO ASK FOR HELP

Ask for help, advice, or insight from others. Whether its for carpooling, babysitting, or navigating insurance issues. No one expects you to do it on your own.

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### CONTINUE TO LEARN

Knowledge is power. Diabetes technology and devices are evolving at a rapid pace and can enhance daily life. Advances in research and treatment standards are always being updated. Diabetes self-management education is advised periodically.

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### DON'T BE TOO HARD ON YOURSELF

No one has parenting figured out, and diabetes sets the stage for perfectionism. It's easy to let the numbers get you down. Avoid feelings of failure or blaming. You are doing great!

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### TRANSFER DIABETES RESPONSIBILITIES IN A TIMELY MANNER

Allow and encourage your child to take on aspects of diabetes management (injections, monitoring, carb counting, blousing, etc) in appropriate timing. Take age and time since diagnosis into consideration. This will help to foster confidence and independence in your child, prepare them to manage on their own one day, and begin to lighten the burden on yourself.

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### CONSIDER DIABETES CAMP

The benefits of diabetes camp for your child are vast but so are the benefits for you. Use it as a mental or literal vacation knowing your child is having fun and safely surrounded by diabetes professionals.

# TIPS

