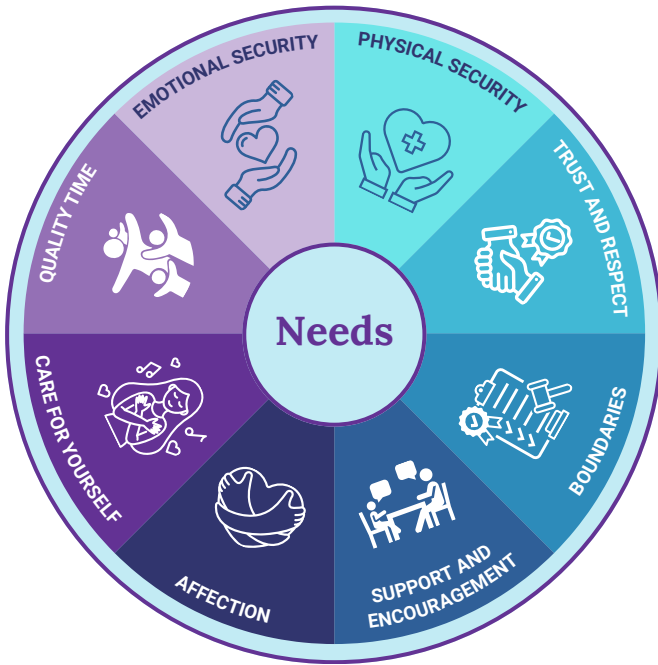


Building Your Village: Family Care



FAMILY CARE

Every member in a family has a balance of needs they need met in order to feel nurtured and safe. For each member of your immediate family (including yourself!), think about what their unique needs are. We need to remember that each member of the family has strengths and weaknesses that need to be either nurtured or supported. T1D is one of those things, but it's not the *only* thing.

*This **family care wheel** and accompanying chart can be helpful to organize the diverse needs of your family unit.*

Emotional Security	<ul style="list-style-type: none"> • Talk and act in a manner that everyone feels safe and comfortable • Be dependable, consistent and gentle. • Listen without judgement and value emotions.
Physical Security	<ul style="list-style-type: none"> • Ensure there is food, shelter, clothing and medication. • Teach proper hygiene & health care, monitoring safety and attending to wounds and medical needs.
Trust and Respect	<ul style="list-style-type: none"> • Acknowledge children's right to have their own feelings, opinions, interests, friends.. allowing for privacy and space. • Believe in your children's ability to to succeed.
Boundaries	<ul style="list-style-type: none"> • Clearly articulate expectations and rules that are age appropriate. • Be consistent and clear about expectaiotns and limits.
Support and Encourage	<ul style="list-style-type: none"> • Encourage individual interests and opinions. • Allow room for disagreements, mistakes and growth and be affirming.
Give Affection	<ul style="list-style-type: none"> • Express verbal and physical affection. • Comfort when children are physically or emotionally hurt.
Care for Yourself	<ul style="list-style-type: none"> • Give yourself time to prioritize your own health and interests. • Accept love and help.
Give Tlme	<ul style="list-style-type: none"> • Participate in things that are part of your children's world - activities, clubs, events, etc. • Include your family in your activities so your children get to know who you are.

Building Your Village: Family Care



SIBLING CARE

Being the sibling of someone growing up with T1D can be a complicated emotional experience. Be mindful of the signs of stress that may arise and apply these strategies to help other children in your family navigate their feelings.

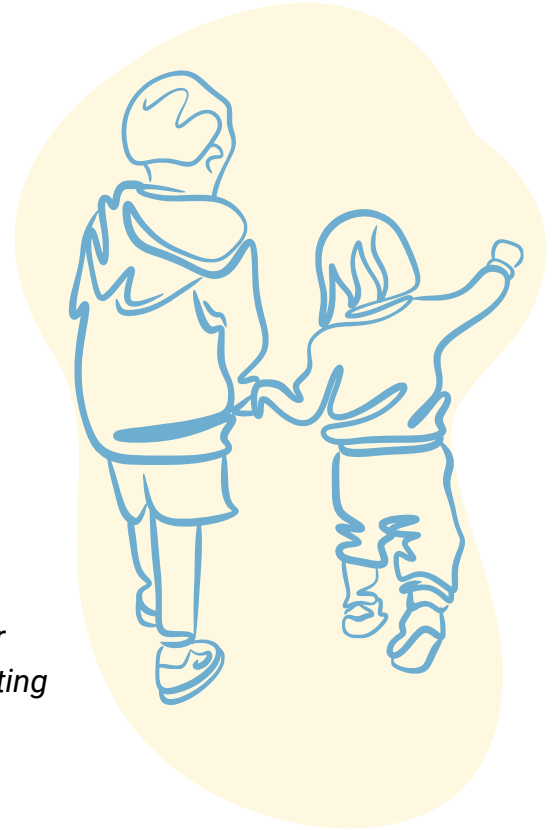
Listen

- Give them space to share, and let them know you understand that having T1D in the family can be difficult for them sometimes.
- Most children will understand the extra attention given to a child with disability if they are helped to feel important too!

Talk About Feelings

- Give siblings a space to express their feelings – both good and not so good.
- Let them know all their feelings are okay.
- Reframe statements that are blaming your child with T1D and avoid saying things like “you’re lucky you don’t have diabetes!”

REMEMBER: Make sure to reach out to professionals if anyone in your family seems like they may need help talking about how T1D is impacting them.



IT'S NOT ALL ABOUT DIABETES!

Having T1D in the family is a big deal, and it can be easy to let it take over conversations and relationships. As serious as T1D is, avoid emotional and familial burnout by remembering to:

- Emphasize the importance of everyone (including you!) developing their own interests.
- Help your family recognize each other’s strengths and weaknesses - one person’s T1D may be another’s ADHD, asthma, etc.
- Let your children know that you appreciate their help but try to not overload them with responsibility by putting them in a position of caregiving.
- Find opportunities for independence. This extends to the home environment where siblings need their own space and privacy.
- Avoid letting T1D completely stop an activity from happening (unless it is an emergency situation).
- Avoid letting your child with T1D out of everyday responsibilities.