



PARENT HERO

YOU'VE GOT THIS. YOU'RE NOT ALONE.

Together, we can help your child thrive!



A GUIDE FOR PARENTS OF CHILDREN WITH TYPE 1 DIABETES



SUPPORT. KNOWLEDGE. CONFIDENCE. HOPE.

★ INFORMATION. SUPPORT. EMPOWERMENT. ★



YOU ARE STRONGER THAN YOU THINK



LEARN TODAY, HELP TOMORROW



YOU ARE PART OF A COMMUNITY



YOUR CHILD. YOUR HERO.



YOU ARE THEIR GREATEST HERO



2 THE DAY EVERYTHING CHANGED



It's normal to feel overwhelmed.
You are not alone. ❤️

Hearing the words "Type 1 Diabetes" can turn your world upside down.

One moment everything feels normal, and the next, you're facing a future you never expected.

Take a deep breath.
You are doing your best. ❤️



It's a lot to take in.
Give yourself time.
❤️

★ YOUR FEELINGS ARE VALID ★

SHOCK



It's hard to believe.
It doesn't feel real.
That's okay.



FEAR



You worry about the unknown and what the future holds.
It's natural.



GUILT



Many parents feel guilty, but remember – you didn't cause this. You couldn't have stopped it.



CONFUSION



So many questions, so much information, so little time. It can feel overwhelming.



Every parent feels this way.

You are not alone.



YOU ARE ALREADY BEING A HERO!

By showing up, asking questions, and doing your best – you are already your child's greatest hero. ❤️



You love your child.



You want the best for them.



You are willing to learn.



You will get through this.



IT'S OKAY TO TAKE IT ONE DAY, ONE HOUR, ONE MINUTE AT A TIME.
BREATHE. LEARN. GROW. YOU'VE GOT THIS. ❤️



3 YOU DIDN'T CAUSE THIS

Type 1 diabetes is nobody's fault!



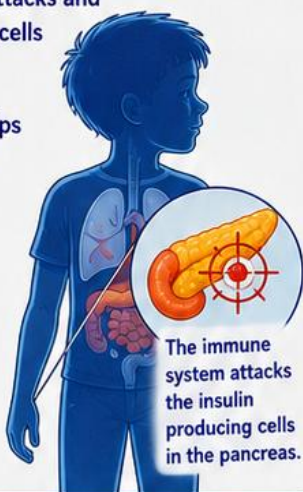
It's not your fault. You are not to blame.

WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is a medical condition where the body's immune system attacks and destroys the insulin-making cells in the pancreas.

Insulin is a hormone that helps move sugar (glucose) from food into the body's cells to give us energy.

Without insulin, glucose builds up in the blood instead of being used for energy.



The immune system attacks the insulin producing cells in the pancreas.

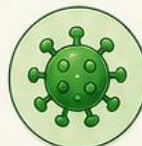
WHY DOES IT HAPPEN?

We don't always know exactly why, but research shows it's often a combination of:



GENETICS

It can run in families, but not always.



ENVIRONMENT

Certain infections or triggers may play a part.



IT'S COMPLEX

Lots of factors can come together.

It is **NOT** caused by eating too much sugar, not enough exercise, or anything you did or didn't do.

★ THE GOOD NEWS ★

- ✓ Type 1 diabetes can be managed.
- ✓ Your child can live a happy, healthy, active life.
- ✓ With the right care, support and tools, they can achieve amazing things!

You've got this – and so do they!

YOU ARE DOING AN AMAZING JOB!

★ WHAT YOUR CHILD NEEDS MOST ★



LOVE

Your love helps them feel safe and strong.



CONFIDENCE

Believing in them helps them believe in themselves.



SUPPORT

You don't have to do this alone.



PATIENCE

There will be good days and harder days. Take them one step at a time.



You didn't cause this.
You can't cure it.
But you **CAN** help your child thrive with it.

★ REMEMBER ★



It's okay to have hard days.



It's okay to ask for help.



Small steps every day make a big difference.



You are your child's first and greatest hero.

TOGETHER, YOU ARE UNSTOPPABLE.



YOU DIDN'T CAUSE THIS, BUT YOU CAN HELP SHAPE THEIR FUTURE. AND THAT IS POWERFUL.



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THE FIRST FEW MONTHS

It's a lot to learn – one step at a time. ❤️

The first few months can feel overwhelming, but every day gets a little easier.

You and your child are learning new skills that will help them live a happy, healthy life. ❤️



★ WHAT TO EXPECT ★

LOTS OF CHECKS



Blood glucose checks will become part of everyday life. It helps keep your child safe.



LEARNING CARB COUNTING



Carbohydrates affect blood glucose. You'll learn how food and drink make a difference.



LEARNING INSULIN



You'll learn about different types of insulin, doses and timing.



LOTS OF QUESTIONS



It's normal to have hundreds of questions. Ask anything – there are no silly questions!



FINDING A ROUTINE



Routines help you feel more in control and make life easier.



★ IT TAKES TIME ★

There will be good days and tough days. That's okay.

You are both learning, growing and getting stronger every day.



★ YOU DON'T HAVE TO DO IT ALONE ★

There is a whole team of people here to help you:

- ✓ Doctors
- ✓ Diabetes Nurses
- ✓ Dietitians
- ✓ Psychologists
- ✓ Support Coordinators
- ✓ Family and Friends



It's okay to ask for help. You don't have to be perfect. You just have to keep trying. ❤️

★ TIPS FOR THE FIRST FEW MONTHS ★



TAKE IT ONE DAY AT A TIME

Don't worry about tomorrow.



CELEBRATE THE WINS

Every small win matters!



LOOK AFTER YOURSELF

Eat, sleep and take breaks when you can.



TALK ABOUT YOUR FEELINGS

It helps to share how you feel.



KEEP LEARNING

Knowledge builds confidence.



REMEMBER
You are doing an amazing job!



THERE IS NO PERFECT WAY TO DO THIS.
THERE IS ONLY YOUR WAY – AND IT'S ENOUGH. ❤️





NIGHT-TIME WORRIES



You're not alone – and there are ways to feel more at ease. ❤️

It's natural to worry about your child at night. Good planning, the right tools and a few simple steps can help everyone get more rest. ❤️

★ TIPS FOR MORE RESTFUL NIGHTS ★

BEDTIME CHECK



Check before bed to make sure blood glucose levels are in a safe range.



CGM ALARMS



Use alarms that give you time to act, not just alert you late.



TREND ARROWS



Look at the trend, not just the number. Arrows tell a big part of the story.



NIGHT-TIME SNACKS



Sometimes a small snack before bed can help prevent hypos.



TRUST YOUR TOOLS



CGMs are amazing tools, but use them to support your judgement, not replace it.



LOOK AFTER YOURSELF



It's okay to feel tired. Rest when you can and accept help when it's offered.



★ A BEDTIME PLAN CAN HELP

- ✓ Check blood glucose.
- ✓ Review trend arrows.
- ✓ Set CGM alarm.
- ✓ Have fast carbs nearby.
- ✓ Make sure insulin is working.
- ✓ Give a hug and sweet dreams. ❤️



♥ REMEMBER

You are doing an amazing job. It's okay to worry – it shows how much you love your child. But try to take one step at a time and trust that you are making the best decisions you can.



★ SLEEPOVER SUCCESS ★



Plan ahead with other parents and teachers.



Pack a sleepover diabetes kit. Don't forget spares!



Agree on how you'll stay in touch.



Bedtime check is just as important at someone else's house.



Remind your child it's okay to ask for help if they need it.



Independence grows with support and confidence.



PARENT HERO



YOU CAN'T CONTROL EVERYTHING. BUT YOU CAN PREPARE, TRUST AND TAKE CARE OF YOURSELF. ❤️





SCHOOL & INDEPENDENCE

Small steps today lead to big confidence tomorrow. ♥

It's important to help your child learn and take responsibility for their diabetes – in a way that is right for their age and abilities.

You are their guide, their support and their cheerleader every step of the way. ♥



★ BUILDING INDEPENDENCE – ONE STEP AT A TIME ★

1

LEARN TOGETHER



Teach them about diabetes in a way they can understand.



2

PRACTISE TOGETHER



Let them practise with you рядом – checking, carbs and injections.



3

SUPPORT THEM



Encourage them to try things on their own, with you close by.



4

LET THEM LEAD



Step back a little and let them take more responsibility.



5

TRUST THEM



Trust in the skills they've learned and the choices they make.



6

CELEBRATE THEM



Celebrate their bravery, effort and every step forward!



★ WORKING TOGETHER AT SCHOOL

A great school team makes a huge difference.

Make sure teachers and staff know:

- ✔ What diabetes is
- ✔ What your child needs
- ✔ What to do in an emergency
- ✔ How to support confidence and inclusion



♥ GOOD TO REMEMBER

- ✔ Independence is a journey, not a race.
- ✔ Every child is different.
- ✔ It's okay to have good days and tough days.
- ✔ Praise their effort, not just the results.
- ✔ You will always be their safe place.



★ WAYS TO HELP YOUR CHILD GROW IN CONFIDENCE



Set small goals together.



Listen to their ideas and feelings.



Encourage them to problem-solve.



Pack a diabetes kit that they can manage.



Surround them with positive role models.



Remind them: they are capable of amazing things!



PARENT HERO

YOUR CHILD CAN DO HARD THINGS.
YOU BELIEVE IN THEM – AND THAT BELIEF GIVES THEM WINGS. ♥



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LOOKING AFTER YOURSELF

You can't pour from an empty cup. ❤️

Caring for a child with Type 1 diabetes is a 24/7 job. It's normal to feel tired, worried or overwhelmed sometimes. Looking after yourself isn't selfish – it helps your whole family. ❤️

Happy parents help kids thrive!

★ WHY LOOKING AFTER YOURSELF MATTERS ★

YOU CAN THINK CLEARER



When you take care of yourself, you can make better decisions.



YOU HAVE MORE PATIENCE



Looking after yourself helps you stay calm and respond, not react.



YOU HAVE MORE ENERGY



Small steps to rest and recharge can make a big difference.



YOU SET A GOOD EXAMPLE



Kids learn by watching you. Self-care teaches them it's important too.



YOU CAN ENJOY MORE



Looking after yourself helps you enjoy the good moments together.



★ LOOKING AFTER YOURSELF MEANS...

- ✓ GETTING ENOUGH SLEEP – Rest when you can.
- ✓ EATING WELL – Good food gives you energy.
- ✓ MOVING YOUR BODY – Even a short walk helps.
- ✓ TAKING BREAKS – A few minutes just for you can reset your day.
- ✓ DOING THINGS YOU ENJOY – Keep doing the things that make you happy.
- ✓ TALKING ABOUT YOUR FEELINGS – It's okay to have hard days.
- ✓ FOCUSING ON WHAT YOU CAN CONTROL – Let go of the rest.



♥ IT'S OKAY TO ASK FOR HELP

You don't have to do this alone. Asking for help is a sign of strength, not weakness. Here are some people who can help:

- ✓ Your partner or family
- ✓ Friends and neighbours
- ✓ Teachers and school staff
- ✓ Diabetes Nurse or Educator
- ✓ Support groups (online or local)
- ✓ Mental health professionals



A little help can make a big difference to your whole family. ❤️

★ QUICK SELF-CARE IDEAS FOR BUSY PARENTS ★



Take 5 deep breaths. It really helps.



Drink some water. Stay hydrated.



Listen to a favourite song. Lift your mood.



Step outside for fresh air. Even for 5 minutes.



Write down your thoughts. Get it out.



Do something nice for yourself.



Be kind to yourself. You're doing an amazing job.



PARENT HERO

YOU TAKE CARE OF YOUR CHILD EVERY DAY.
DON'T FORGET: YOU MATTER TOO. ❤️

You are stronger than you think! ❤️



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TYPE 1 DOESN'T STOP DREAMS

You can achieve anything you want! ❤️

Lots of people with Type 1 diabetes live amazing lives. They follow their dreams, work hard and never give up.

Type 1 is just one part of their story – it doesn't define what they can do. ❤️

Dream big, work hard, believe in yourself! ❤️



★ AMAZING PEOPLE. AMAZING STORIES. ★

ATHLETES



Many athletes with Type 1 train hard, compete and win medals!



DOCTORS



They help others, save lives and make the world a healthier place.



TEACHERS



They inspire minds, build confidence and shape the future.



PILOTS



Yes, pilots! With hard work and the right care, dreams take flight.



BUSINESS OWNERS



They build ideas, create jobs and turn their passions into purpose.



The secret? They look after their diabetes, stay positive and keep going.

YOU CAN TOO! ❤️

You are capable of amazing things! ❤️

★ FOCUS ON WHAT YOU CAN DO ★

- ✓ Set goals and take small steps.
- ✓ Celebrate your wins – big and small.
- ✓ Learn from challenges and keep trying.
- ✓ Surround yourself with positive people.
- ✓ Remember: progress, not perfection.



Every day is a new chance to move closer to your dreams. Keep believing in yourself. ❤️



★ YOUR FUTURE IS YOURS ★

Wherever you want to go in life – you can get there. Type 1 diabetes may come with extra planning, but it doesn't come with limits. You are strong. You are brave. You are unstoppable. ❤️



Dream it. Plan it. Work for it. And one day – you'll look back and realise you made it happen. ❤️

PARENT HERO

★ TYPE 1 IS PART OF YOUR STORY, BUT IT DOESN'T WRITE THE ENDING. ★

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A LETTER TO PARENTS

From Mayor Bolus, your child's biggest cheerleader. ❤️

Dear Parent,

I see you. I see the late nights, the early mornings, the constant checking, the endless learning and the worry that never really goes away.

I want you to know something important:

You are making a huge difference.

Type 1 diabetes is a big deal. It changes your child's life – and yours too. Some days will feel overwhelming. Some days you will wonder if you are doing enough. Let me tell you: you are. ❤️

Here are a few things I want you to remember:

- ★ You don't have to be perfect. Good enough is more than enough.
- ★ It's okay to ask for help. You don't have to do this alone.
- ★ Your child is watching how you handle this. You are teaching them resilience, problem-solving and self-care.
- ★ Celebrate the small wins. They all add up.
- ★ Take care of yourself too. When you feel better, your child feels better.

Your love, your patience and your endless support are helping your child build a future filled with possibilities. You are doing an **amazing job**. ❤️

I'm proud to be part of your team.

Always cheering for you and your child,

Mayor Bolus ❤️

Your partner in this journey

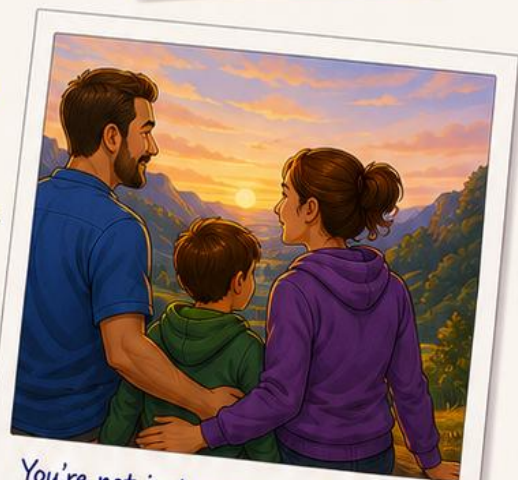


You are braver, stronger and doing a better job than you think! ❤️

YOU ARE THEIR:

- ❤️ Safety net
- ❤️ Teacher
- ❤️ Advocate
- ❤️ Cheerleader
- ❤️ Hero

THANK YOU!



You're not just managing diabetes. You're building a beautiful future. ❤️

★ YOU'VE GOT THIS – AND YOUR CHILD BELIEVES IN YOU TOO! ★



You are stronger than you know.



It's okay to have hard days.



You are not alone.



Progress, not perfection.



You are doing an amazing job.



Your child's hero – every day.



PARENT HERO

BE KIND TO YOURSELF. BE PROUD OF YOURSELF.
YOU ARE MAKING A DIFFERENCE EVERY SINGLE DAY. ❤️

