

Coping with the Diagnosis: Fact Sheet

- **It is normal to feel shock, sadness, denial, anger and guilt following the diagnosis of diabetes**
- **There is support available to help you come to terms with the diagnosis. Ask for help if you need it**
- **You did NOT cause the diabetes**
- **Everyone in the family will deal with it in different ways. Some people take longer to come to terms with it than others**
- **Talk about your feelings with friends and family and ask them for practical help**
- **It will take you some time to learn how to manage the diabetes. People learn at different paces**
- **There is no such thing as the wrong question. If you are unsure – ask**
- **Life will return to normal, but it will be a new normal with some additional tasks to include in the day-to-day routine**
- **Plan as a family how to answer questions about the diagnosis**
- **Your child and family are always the central members of the diabetes care team**