

Parenting Advice: How to Cope with Your Child's Diabetes



By [Mara Miller](#)

According to the American Diabetes Association, approximately 1.25 million children have diabetes. It can be a scary situation when you first find out a loved one is affected by this disease, but even scarier when one of them is your child. And, no matter if they have Type 1 or Type 2, it can be hard on you as a parent to not feel like it's your fault or to feel guilty because there is a way you could have prevented it. We have some [parenting advice](#) and [parenting tips](#) on how to cope with your child's diabetes because it *isn't* your fault and you *shouldn't* feel guilty or alone with your family's struggle to cope with it.

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1. Get help when you need it: Rely not only on your support network with your partner and extended family but your child's healthcare professional too.

Related Link: [Parenting Advice: 5 Steps to More Effective Parenting](#)

2. Make parenting decisions together: It's important to make decisions with your child's parent together as a team rather apart. And more than anything, be consistent.

Related Link: [Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum](#)

3. Share your feelings: Don't bottle up your feelings about your child's diabetes. Connect with other parents in a support group or seek help from a family therapist.

What are some other ways to cope with your child's diabetes? Let us know in the comments below!