

How a Child Life Specialist can help

A new diagnosis of diabetes can bring many emotions, such as anger, sadness and guilt. Whatever your feelings, they are normal and you are not alone. A Child Life Specialist can help you and your child adjust to life with diabetes.

The Child Life Specialist on the Diabetes Team can help your child and family by:

- Explaining diabetes in a way your child can understand
- Helping your child find ways to safely express his or her feelings
- Using medical play to help your child understand diabetes and its treatment
- Motivating your child to take part in his or her care
- Preparing your child for treatment or medical procedures
- Helping your child learn healthy ways of coping with difficult experiences related to health care and the hospital
- Explaining your child's needs to the other members of the health care team
- Helping your other children cope with having a brother or sister diagnosed with diabetes

A Child Life Specialist:

- ✓ is a member of your child's diabetes team
- ✓ understands how children develop and how family members interact
- ✓ has experience in working with children of all ages, and their families

If you would like the Diabetes Child Life Specialist to help your child or your family, please call 905-521-2100, ext 76661.