

Living with Diabetes Working Together

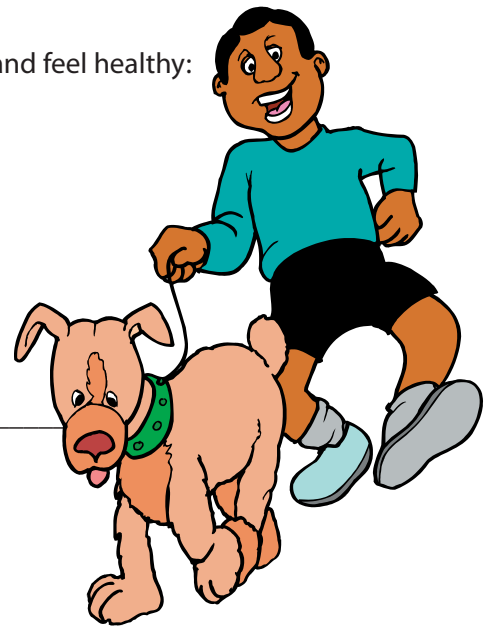
Staying active can be hard. Getting your family to be active with you can help you reach your activity goals. Having someone to be active with can make it easier to stay active. Being active together can be fun.

Here are some ways that you and your family can have fun and feel healthy:

- ▶ Walk or ride a bike in your neighborhood
- ▶ Put on some music and dance together
- ▶ Take the family dog for a walk
- ▶ Join the local gym and exercise together
- ▶ Go swimming or walk in the pool

Family exercise goal:

See lesson 3 of the manual for more information.



Healthy meal choices are important for everyone in your family. Eating the same types of healthy food choices as your child will help your child not feel different. Eating meals together is a great way to share special moments in the day together.

Here are some family mealtime tips:

- ▶ Never use food as a reward
- ▶ Try not to eat when you are upset or bored. Instead, share your feelings with your family so they can help you.
- ▶ Be supportive of each other. Make eating-together goals or healthy food choices goals.

See lesson 4 of the manual for more information about healthy choices.

Living with Diabetes

Working Together

My family can help me through the highs and lows of managing diabetes. Having family meetings can give your family a chance to hear about your thoughts and feelings, learn to listen to others, and help family members feel important and loved. Select a time to meet once a week. Also, give each family member time to speak about their concerns/feelings.

Here are some family communication tips:

- ▶ Share your feelings, but try not to lecture.
- ▶ Treat your family with unconditional love and respect.
- ▶ Don't blame others.
- ▶ Let past arguments go.
- ▶ Resolve all arguments before leaving the room.
- ▶ Don't give up.

Does this sound like something you and your family would like to try?

See lesson 6 of the manual for more information.