

Communication: Worksheet



“This is *their* disease. The more you acknowledge that they are in charge, the more empowered they will feel.”

Julia Flaherty - Beyond Type 1

It's helpful to pause before important conversations and determine *why* you want to have the conversation. Use this worksheet to log any T1D-related questions/topics you frequently bring up with your child, and mark down which column(s) you feel best represents the topic.

TIP: Every topic may feel like it belongs in the need column. Challenge this impulse with care and compassion.

Discussion Topics	Information I Want to Know	Information I Need to Know
ex. Did you remember to bolus for dinner?		

Reminders:

- Providing context to *why* something needs to be discussed can alleviate perceptions of nagging.
- Consider the difference between “I’m bringing up x because it’s my responsibility” and “I’m bringing up x because it helps me to know we’ve discussed it” Both are valid, and each sets the stage for a very different conversation.
- You and your child’s relationship to the topics will shift over time, so revisit this worksheet as needed.