Worksheet 1:
Timing Communications

"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 *when* you should start the discussion. 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. Every topic may feel like it belongs in the ***now*** column - challenge this impulse to alleviate adding stress to your relationship.

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

Reminders:

- Diabetes is a marathon not a sprint, and your child is not defined by today's blood sugar.
- T1D management is a partnership, and your child is the hero of their journey.
- You and your child's relationship to the topics will shift over time, so revisit this worksheet as needed.
- If you are not sure where a topic belongs, use Worksheet 2 to help determine it's importance and urgency.

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