

Worksheet 2: Prioritizing Talking Points



Being a T1D caregiver can feel like you're constantly on high alert, and every discussion can feel loaded with importance and urgency. Use this worksheet to organize T1D talking points as they come up to help prioritize each based on their level of importance and urgency.

Challenge yourself to let go of some of the less urgent/important conversations that may be adding stress to your relationship. This will help your child take on more responsibility and let them know you trust them.

URGENT

NOT URGENT

IMPORTANT

NOT IMPORTANT