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Managing the Ups & Downs of Diabetes

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Outline

- Communication
- Balancing Support & Independence
- Accommodation & Anxiety



- Start early.
- Tips:
 - Validate/Empathize
 - Don't always jump into problem-solving
 - Gently try to help them see a different perspective

Communication

“**Bad** diabetes day”

“**Good** diabetes day”

“This CGM **never**
stops beeping!!”

“**Good** BG”

“**Bad** BG”

“This food is **bad**
for you because
you have
diabetes”

“**Ugh**. Why are
you so high right
now??”

“High BG”

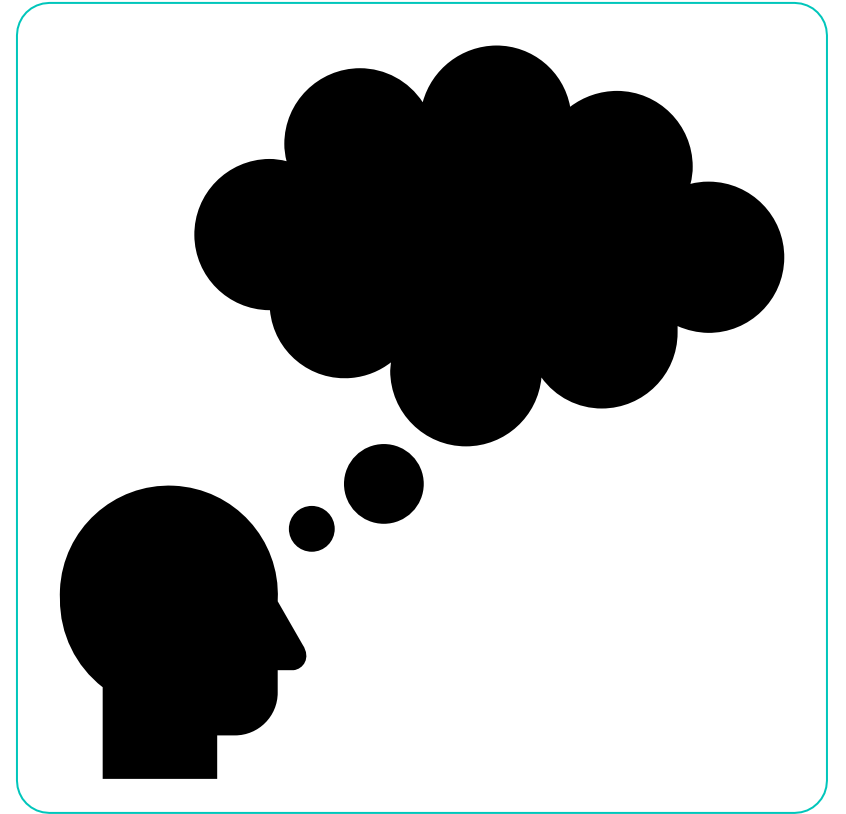
“In range BG”

“Low BG”

“Data as
numbers”

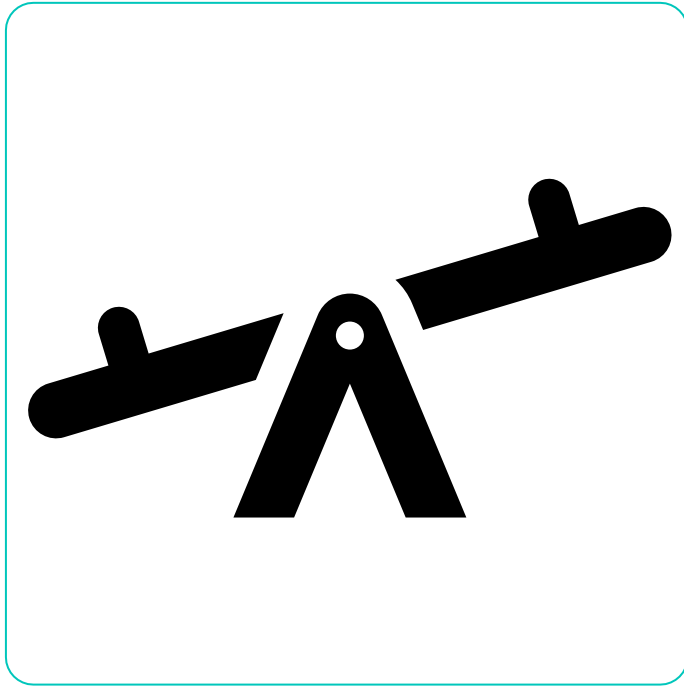
“Thanks,
Rufus!”

Imagine ...





Where are you headed?



- Independence does not magically happen.
- Always be available as back-up.
 - Weekly check-in
- What is sustainable?

Balancing Support & Independence



**Got
worry?**

Needles

High BGs

Having to
advocate all
the time

Pump Site
Changes

Mean kids

ANXIETY

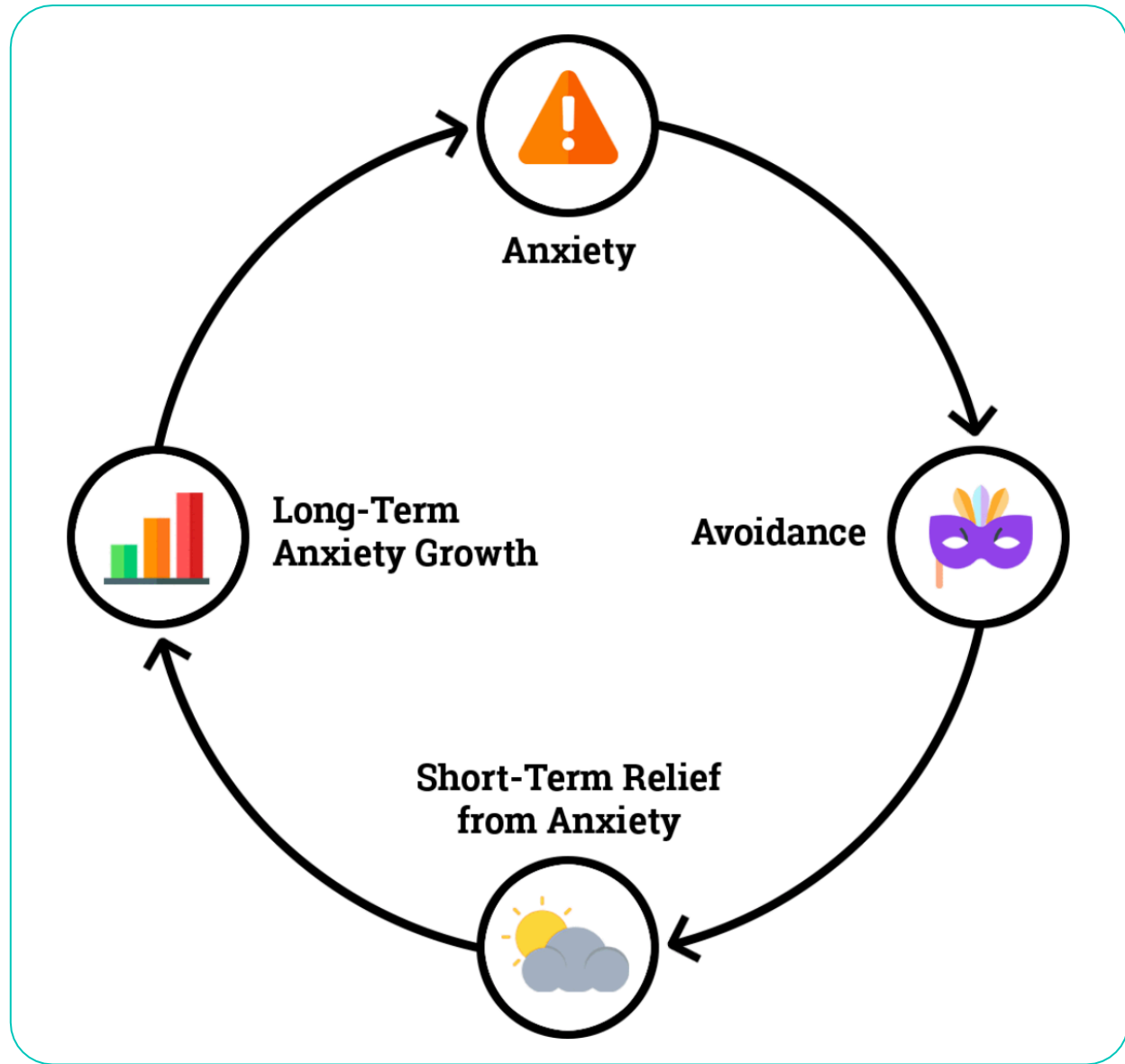
Long-term
complications

Missing class
because of
diabetes

People
commenting
on food
choices

Low BGs

CGM
Changes

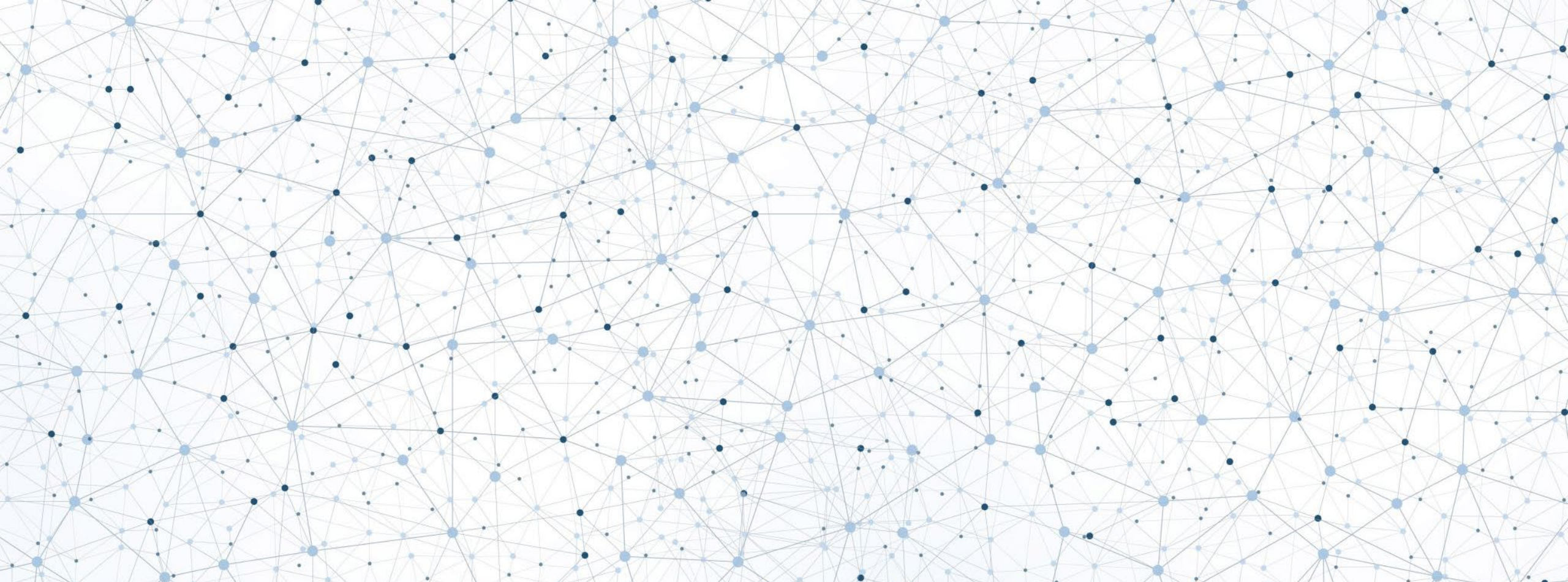


What helps?

- Resisting the urge to AVOID
- Resisting the urge to ACCOMMODATE child fears

**Diabetes is hard. Distress
is normal.
And, you can handle it.**

Thank you!



Questions?

Extra Slide

Eating Disorder Prevention



Eat family meals together



Allow for eating a variety of foods (avoid restriction and dieting)



Do not comment negatively on your body, your child's body, or anyone else's body