

Why the Diabetes Team Visit?

In line with the American Diabetes Association's (ADA) standards of care for patients with diabetes, Seattle Children's recommends that all our patients have an annual diabetes check-up with your full "team"— the medical provider, a nutritionist and a social worker. Our nutritionists and social workers are specifically trained in pediatric diabetes and our goal is to make sure you are well supported and cared for. Below are some ideas of topics to discuss in your nutrition and social work visits. We recognize you may not currently have these concerns with your child, but should they ever come up, knowing your team and having a relationship with a provider will help make those conversations easier and more comfortable for your child and family.

Nutrition

- Matching eating pattern with daily activity needs
- Getting a good combination of foods, including vitamins and minerals
- Planning for meals and snacks
- Basic and advanced methods of carbohydrate counting
- Using food and insulin together to optimize blood sugar
- How to balance food with blood sugars during sports
- Glycemic index and high-fiber choices
- Reading food labels
- Appropriate beverage choices
- Sodium (salt) guidelines
- Eating for a healthy heart
- Mindful eating - Recognizing signs you are hungry and full
- Maintaining a healthy weight
- Tips for picky eaters
- Energy needs through puberty
- Growth and nutritional needs
- Ideas for physical activity
- Eating on a budget
- Eating tips for transitioning through different ages, school schedules, college and adult care
- Dining out

Social Work

- Feelings about diabetes
- Building resilience to live with diabetes
- Coping skills for pokes and insulin shots
- Concerns about mood, depression, and anxiety
- Coping with diabetes burnout
- Conflict between parents and kids/teens about diabetes
- Balancing independence and parents' involvement in diabetes care
- Supporting parents, siblings and other caregivers
- Helping friends understand diabetes
- Supporting transitions to an insulin pump or continuous glucose monitoring
- Increasing motivation for making improvements to diabetes care
- School concerns/bullying
- Transition to adult diabetes care
- Going off to college
- Employee rights and diabetes (for patients and caregivers)
- Diabetes and driving safety
- Risky behaviors (e.g., drugs and alcohol)
- Dating and diabetes
- Ways to meet others with diabetes
- Concrete needs (e.g., financial concerns)
- Referrals to mental health providers in the community

To Learn More

- Endocrinology
206-987-2640
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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