

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Maintenance Materials *Family Support Person Manual*



Introduction

During this phase you and your child will be making some choices about what you want to learn and when you want to learn it. You will complete 12 of the 20 modules in this phase. Some modules are required. These are the ones the experts say you need to learn about. Other modules are choices. Start to think about what interests you from the list of choices. You don't need to decide now. Later you will talk to your PAL about what's best for you to do.

Preview of the Road Ahead



Required

You and your PAL will complete all 8 of these modules:

Lifestyle Maintenance Tips (1)

- ▶ Changes in the TLP program
- ▶ Why your role is so important now
- ▶ What to do if your child gains weight
- ▶ 4 key goals of the Maintenance Phase

Overcoming Barriers (2)

- ▶ Overcoming barriers to success
- ▶ Keeping all of your resources in mind when making plans
- ▶ What to do when a plan doesn't seem to work

Setting Goals and Staying Motivated (3)

- ▶ Breaking big goals into smaller goals
- ▶ Scheduling small steps to meet these goals
- ▶ Making a realistic plan to meet these goals

Overcoming Negative Thoughts (4)

- ▶ Identifying negative thoughts
- ▶ Challenging negative thoughts
- ▶ Turning negative thoughts into positive thoughts

Support for Physical Activity (7)

- ▶ Helping your child identify friends who can support healthy lifestyle changes
- ▶ Asking for support
- ▶ What to do if a friend doesn't come through

Support for Healthy Eating (8)

- ▶ Helping your child identify friends who will support healthy lifestyle changes
- ▶ Helping your child learn to ask for support
- ▶ What to do when a friend says, "No."

Overcoming Healthy Lifestyle Burnout (19)

- ▶ Causes of healthy lifestyle burnout
- ▶ Recognizing burnout in yourself or your child
- ▶ Defeating burnout

Move On With Confidence (20)

- ▶ How to prepare for the next phase
- ▶ Identifying your child's biggest challenges right now
- ▶ Making sure your child's weight goals are up to date
- ▶ Making sure your plans are up to date

Choice

You and your PAL will complete 1 of these modules:

Learning to Accept Your Body (5)

- ▶ How the media can shape our feelings about our bodies
- ▶ How to tell if your child's feelings about his body limit what he does
- ▶ How to help your child find qualities to like about his body and himself

-OR-

Go Beyond Your Comfort Zone (6)

- ▶ How to tell if feelings about her body limit your child
- ▶ How to help your child expand her comfort zone so she can do more things

Then you will decide together on 3 more from the list below:

Emotional Eating (9)

- ▶ Recognizing emotional or stress eating habits
- ▶ Protecting yourself from stress eating
- ▶ What to do if you or your child are stress eating

All You Need to Know About Fad Diets (10)

- ▶ Why fad diets won't help you
- ▶ How fad diets can be dangerous
- ▶ How to lose weight and keep it off

Healthy Cooking (11)

- ▶ Planning healthy meals
- ▶ Healthy ways to flavor and prepare your food
- ▶ How to get your child involved in cooking
- ▶ How to plan what foods you will need for each meal

Enjoying More Physical Activity (12)

- ▶ Figuring out how good your child's physical activity habits are
- ▶ Helping your child set new physical activity goals
- ▶ Using community events and resources for physical activity

Get Healthier With Resistance Training (13)

- ▶ How resistance training can help you and your child
- ▶ Safety Tips
- ▶ Workout Tips
- ▶ Tubing Tips

Lower the Cost of Healthy Eating (14)

- ▶ Plan ahead for healthy eating
- ▶ How you can afford to eat healthy
- ▶ How to make shopping easier and cost less
- ▶ How getting involved with shopping and cooking will help your child
- ▶ How to get your child involved

Turn High-Risk Situations Into Personal Wins (15)

- ▶ Identifying situations that are high-risk for you and your child
- ▶ How to plan in advance and in detail for them
- ▶ Using mistakes to improve your next plan

Planning for Schedule Changes (16)

- ▶ Planning in advance for schedule changes
- ▶ Helping you and your child stay focused on goals
- ▶ Helping your child get the most out of weekends and summer

Losing Weight: Back to Basics (17)

- ▶ Tips for getting back on track
- ▶ Why losing weight is so important
- ▶ Quick Cuts: RED foods to avoid
- ▶ Healthy Choices: foods with 100 or less calories

Maintaining Your Same Weight (18)

- ▶ Reasons to keep weight off
- ▶ How to help your child maintain her present weight
- ▶ How to add calories in a healthy way
- ▶ Foods with 100 calories or less