

Move On with Confidence

PARENTS ASK:

What comes next? Are we in for some big changes?

No. Things will stay pretty much the same. You and your child needed to meet with your PAL more often when you started. That was so your PAL could teach you and your child new skills. Your PAL also gave you both a lot of support when it was needed.

After a while you met less often. You learned how to stay in touch by phone. Your child learned how to do more on her own. You gave her more support and advice. You both took on more responsibility.

In the next phase of the TLP, you and your child will meet with your PAL about once a month. You'll stay in touch by phone between meetings. Now you're ready to do more with even less support from your PAL. That's because you both have learned so many skills.

You will still continue to get supportive written materials every month. These will help you and your child learn new skills. They will explain how to strengthen the skills you have.

PARENTS ASK:

What about my child's goals?

Your child's healthy lifestyle goals stay the same. He will:

- ▶ Limit RED foods
- ▶ Increase GREEN activity
- ▶ Hold Family Meetings
- ▶ Keep Track of Weight

Meeting these goals will help your child lose weight and manage his diabetes. Or they will help him stay at his present weight if that's what he and his PAL decide is best.

Why do the goals stay the same? Because they help you and your child make lifestyle changes. Limiting RED foods and increasing GREEN activity are lifestyle changes. Keeping track of your weight and having family meetings will help your child meet his activity and eating goals. But these aren't things to do for just a few months. Being healthy isn't like doing some special exercises after

PARENTS ASK:

What's the biggest challenge my child will face?

It may not be the same for your child as it would be for

the cast is taken off a broken arm. Being healthy isn't a short-term challenge. It's a lifetime challenge. That's why these are called "lifestyle changes."

So, things will stay pretty much the same. Of course, your child needs a plan to handle any challenges he will face. That's the focus this week. Making a plan so you can move on with confidence.

KEY GOALS

Continue to help your child meet her 4 key goals:

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

Here's what you'll learn about in this module:

- ▶ 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



Your PAL is sticking with you. You will meet once a month and stay in touch by phone.

someone else. Everybody is different. The biggest challenge she faces may not be the one she expects. But it's always better to be prepared. Here are some areas to talk about with your child:

▶ **Keeping track of behaviors.** This is very important. It lets you know what you are doing well. It lets you know what you might need to change. *How well is your child keeping track of RED foods right now? Or is she keeping track of everything she eats? Her calories? Does she do it every day?*

▶ **Eating healthy.** Eating GREEN foods is important

Remember the 6 steps in problem-solving?

First you set a small goal. Then you:

1. Identify the specific barrier.
2. Brainstorm solutions.
3. Compare solutions.
4. Make a plan.
5. Put the plan to work.
6. Evaluate how the plan worked.

to your health. So is eating the right amount of food. And limiting RED food. *Is it hard for you or your child right now? How involved is she in planning and cooking healthy meals? What are you concerned about for her?*

▶ **Getting enough GREEN activity.** Getting enough exercise is important to your health. *Do you and*



Tips for making a plan that works

Go over these tips with your child. Use them yourself.

- ▶ Keep your plan *simple and clear*. It should say:
 - ▶ *What you want to do*
 - ▶ *How you will do it*
 - ▶ *When you will do it*
 - ▶ *Where you will do it*
 - ▶ *Who will do it with you*
 - ▶ *Why you want to do it*
- ▶ Keep your plan *realistic*. It's not realistic to say you will cut out all your RED foods so you can lose 30 pounds in a month. It is realistic to say you will cut out enough RED foods to lose a pound a week.
- ▶ Put your goals on a *schedule*. Progress comes one step at a time.
- ▶ *Check your plan out.* Ask your PAL:
 - ▶ *Does this make sense to you?*
 - ▶ *Is it realistic to think I can do this?*
 - ▶ *What are your suggestions for me?*
 - ▶ *How can you help me follow my plan?*



Make the most of your phone calls with your PAL

- ▶ Make a date for the next phone call when you and your child can both be home. Try to find a time when it is calm.
- ▶ Write down the time and dates for your phone calls. Put it where you won't lose it.
- ▶ Be sure to be home at the time you have agreed to talk.
- ▶ Find a quiet place to talk. Ask other family members for help with this.
- ▶ Make some notes in advance about things you want to talk about. Have them handy during the call.
- ▶ Remind your child about the call a day ahead of time.
- ▶ Talk to your child about what you want to discuss.
- ▶ Have a pad and a pencil so you can write down what you want to remember after your phone call.

Alicia thought about how she was doing in key areas. Overall, she felt pretty good about herself. She knew she had learned a lot. She had lost weight. She wasn't so worried about not meeting with her PAL as often. She knew her PAL was only a phone call away. She could phone him whenever she had a question or concern.

But she wanted to be smart about it. She knew how important it was for her to keep losing weight. She didn't want to take any chances. So she talked to her parents about having family meetings more often. At least for a while. They had been meeting 1 or 2 times a week. It wasn't as regular as it had been at first.

"Can we make a schedule to meet 3 times a week? How about Sunday, Tuesday, and Thursday, right after dinner? At least for a while," she asked. "I just don't want to take any chances. I know you'll make sure I'm on the right track."

She was not satisfied with her eating habits. She was eating too many RED foods again. She averaged about 10 a day. "This isn't helping me lose weight," she said. "I've slipped up. But there are some simple ways to get back on track. I want to make a plan to change it. Will you help?"

"Sure," they said. "We're very proud of you for being so careful."

She looked at her Lifestyle Log. She saw she was doing pretty well with snacks. The problem seemed to be at two meals. She was using RED food toppings for breakfast, like maple syrup on her pancakes, or brown sugar on her cereal. She was also eating extra portions of RED foods at dinner.

Her first goal was to cut down to 8 RED foods a day. If she could do that for 2 weeks, she would set another goal of 6 RED foods a day for the next two weeks.

She made a plan to help herself. She asked her mother to buy cinnamon and more fruit. "That way I can put cinnamon, strawberries, or bananas on my cereal," she said. "And I'm going to stay completely away from pancakes. That way I won't have any reason to use maple syrup."

"Those are great ideas," her mother said. "But what about the RED foods you eat at dinner?"

"I'm going to make a rule for myself," Alicia said. "Only one portion. No more. If I'm still hungry, I'll have fruit. In fact, I'd like you to remind me when I need it."

"Those are great ideas," her mother said. "I'd be happy to remind you. I think you can get those RED foods under control. Making a plan like this is really a great idea. It will help you succeed even though you will see your PAL less often."

How did Alicia's parents help her meet her challenges?

How could you help your child meet his challenges?

Every plan needs a schedule. If a plan isn't linked to a schedule, it's just wishful thinking.

your child have a weekly activity schedule? Do you need to make any changes? How well are you and your child following your plans?

▶ **Staying motivated.** It's the key to managing your child's diabetes. *Does your child understand how*

important controlling her weight is? Do you talk to her about this? It's key to being healthier.

▶ **Getting enough support.** Your child won't see her PAL as often now. *Do you need to have more family meetings? Is your child*

getting the support she needs from friends?

▶ **Handling new situations.** Life is full of new situations. Full of challenges. *Does this concern you? You can help your child handle them.*

PARENTS ASK:

What about our weight goals?

This is a good time for you and your child to set your weight goals for the next 6 months. If you have reached a healthy weight, you may want to stay at the same weight. If you haven't, you probably want to continue trying to lose weight. The chart in the Help Sheet can help you. Fill it out. Talk to your child about her goals. Talk to the PAL. Losing extra weight and keeping it off is healthy. It helps your child manage diabetes.

PARENTS ASK:

What else can I do to make sure my child succeeds?

Sit down with your child and make a good plan. All of us have to freshen-up our plans. We do it at work. We do it at school. Sports teams do it before every game. They plan how to react when a situation comes up. And that's what you can do. Here's how:

- ▶ First, help her set some *small goals* for every big challenge. Small goals will help her move forward one step at a time.
- ▶ Keep goals *clear* and *simple*. That way she'll know what she wants to do.
- ▶ Make sure each goal is *realistic*. If a goal isn't doable, she'll just get discouraged.

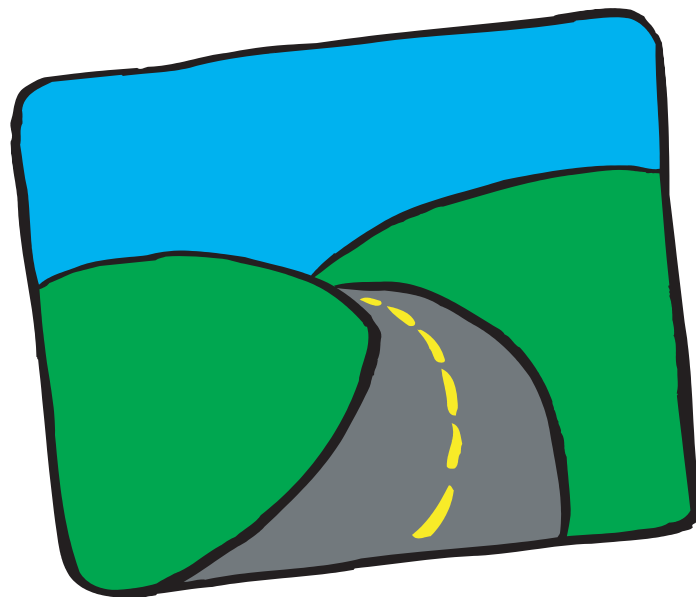
- ▶ *Make a plan* to help her reach every goal. If a goal isn't linked to a plan, it's just wishful thinking.
- ▶ *Use problem-solving skills* to deal with any barriers you expect. *Are you concerned about how well she will keep track of her behaviors? About her getting enough GREEN activity? About limiting RED foods?* If so, make a plan with her. Help her problem-solve in advance to meet each challenge. That's what planning means.
- ▶ *Keep track of progress.* Making a chart is a great way to keep a record.
- ▶ Help her *stick with a goal* until she reaches it, even if it takes longer than planned. Don't let her give up. Just push back the schedule.
- ▶ *Praise and reward her* each time she meets a goal. Food should never be a reward.

How to help your child move on with confidence

- ▶ Help your child identify challenges.
- ▶ Set small goals that will help him work toward a big goal.
- ▶ Make a realistic plan that will help him reach his goals.
- ▶ Link the goals and plan to a schedule.
- ▶ Encourage him to use all his resources to meet challenges.

How to help yourself move on with confidence

- ▶ Set small goals.
- ▶ Make a plan to meet them.
- ▶ Schedule your goals.
- ▶ Use any mistakes to improve your next plan.



Move On with Confidence

Your Child's Weight Goal

Let's look at how much weight your child has lost so far. Knowing your child's weight goals will help you stay focused on helping your child continue to make progress during the next phase.

Your child's weight at start of program	
Your child's current weight	
How much your child's weight has changed	
Your child's weight goal	
If your child would like to continue losing weight, how much weight would he like to lose each week?	

Your Child's Biggest Challenges

Your child has an activity like this on his Help Sheet. Fill out this chart. Then talk to your child about it. Identify 1 challenge that your child is facing in each area. Then mark how concerned you are about each challenge.

*1 = not very concerned.
2 = somewhat concerned.
3 = very concerned.*

Activity	The Specific Challenge	Level of concern		
		1	2	3
<i>Eating healthy</i>	<i>Cutting down on RED foods at school</i>		X	
<i>Getting GREEN activity</i>	<i>Sticking to a schedule during vacation</i>	X		
Keeping track				
Eating healthy				
Getting GREEN activity				
Staying motivated				
Getting enough support				
Handling new situations				

Your Child's Resources

Your child has an activity like this on his Help Sheet. Identify your child's resources for doing well in each area. Include people, resources like the Food Reference Guide, and his skills. Then discuss them with your child.

Activity	Your Child's Resources
Keeping track	
Eating healthy	
Getting GREEN activity	
Staying motivated	
Getting enough support	
Handling new situations	

Your Child's Plan For Meeting New Challenges

Your child has a chart like the one below to help him plan to overcome his biggest challenges. Help him identify his biggest challenge. Then help him set a goal. Remind him to break his larger goals in to smaller step-by-step goals. This will help him have the most success. This chart will help you and your child keep track of the big picture.

My Child's Challenge:

My Child's Goal:

Step	Small Goals	Progress
1		
2		
3		
4		

Move On with Confidence

Your Weight Goal

Your weight at start of program	
Your current weight	
How much your weight has changed	
Your weight goal	
If you would like to continue losing weight, how much weight would you like to lose each week?	

What Are Your Biggest Challenges?

Use this chart to plan for your biggest challenges. List 1 specific challenge in each area. Then mark your level of concern.
 1 = not very concerned.
 2 = somewhat concerned.
 3 = very concerned.

Activity	The Specific Challenge	Level of concern		
		1	2	3
Eating healthy	Cutting down on RED foods at work		X	
Getting GREEN activity	Sticking to a schedule on the weekends	X		
Keeping track				
Eating healthy				
Getting GREEN activity				
Staying motivated				
Getting enough support				
Handling new situations				

What Are Your Resources?

Write down your resources for doing well in each area. Include people, resources like the Food Reference Guide, and your skills.

Activity	My Resources
Keeping track	
Eating healthy	
Getting GREEN activity	
Staying motivated	
Getting enough support	
Handling new situations	

Your Plan For Meeting New Challenges

Write down one of your challenges. Then write down your goal. Break your big goal into smaller goals. Use the "Progress" column to keep track of how well you met your goal. This form will help you keep track of the big picture.

My Challenge:

My Goal:

Step	Small Goals	Progress
1		
2		
3		
4		

Move On with Confidence

Help your child move on with confidence.

Things will stay pretty much the same. Your child will:

- ▶ Keep the same healthy lifestyle goals.
 - ▶ Limit RED foods
 - ▶ Increase GREEN activity
 - ▶ Hold Family Meetings
 - ▶ Keep Track of Weight
- ▶ Meet with the PAL every month from now on.
- ▶ Stay in touch by phone.
- ▶ Continue to get helpful, written materials every month.
- ▶ Do more on his own.
- ▶ Get support from family and friends.
- ▶ Use the skills he has learned.

What are the biggest challenges you expect your child to face?

Making a plan will help her meet them.

Here are some areas to think about:

- ▶ Keeping track of behaviors
- ▶ Eating healthy
- ▶ Getting enough GREEN activity
- ▶ Staying motivated
- ▶ Getting enough support
- ▶ Handling new situations

Remember the 6 steps in problem-solving?

First you set a small goal. Then you:

1. Identify the specific barrier.
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Tips for making a plan that works

- ▶ Keep your plan *simple and clear*. It should say:
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 - ▶ *Who* will do it with you
 - ▶ *Why* you want to do it
- ▶ Keep your plan *realistic*.
- ▶ Put your goals on a *schedule*.
- ▶ Check the plan out. Ask your PAL:
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