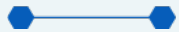




Development and Psychosocial Supports

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Certified Child Life Specialists

Experts in child development and how development is impacted by medical experiences

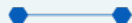
What we do...

- Support the coping of pediatric patients through play and exploration
- Normalize the medical experience and empower kids & teens by supporting knowledge and understanding
- Help kids develop coping skills for procedures and other stressful events
- Support the coping of the entire family





**I have no personal conflicts
of interest to disclose.**



Learning Objectives:

- Summarize age-appropriate psychosocial stressors for **pediatric patients** with type 1 diabetes.
- Outline age-appropriate misconceptions of **peers**.
- Identify psychosocial supports that can be offered by school **staff** to support a child with type 1 diabetes and their classmates.

Outline

- 1. Development**
- 2. Stressors**
- 3. Peer Misconceptions**
- 4. Staff Supports**

Elementary School (K-4th Grade)

What we know about development:

- Concrete thinking
- Growing focus on peer interactions
- Keeping up with peers
- Fear of pain

Elementary School (K-4th Grade)

Stressors for Children with T1D

- **Feeling different from peers**
- **Being “labeled”**
- **Stepping away from activities**

Elementary School (K-4th Grade)

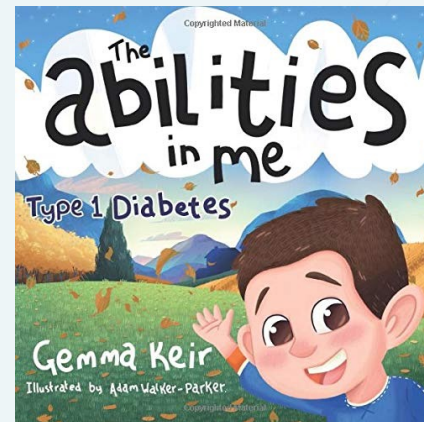
Misconceptions of Classmates

- “Will I catch diabetes?”
- Fear of punishment
- “Special treatment”

Elementary School (K-4th Grade)

Psychosocial Supports from School Staff

- **Work with parents and the student to...**
 - Identify techniques/coping supports
 - Develop a routine/schedule
- **Address Misconceptions of Classmates**
- **Sharing a student's diagnosis**
 - Books, T1 Everyday Magic
 - "Show & Tell"



Middle School (5th-8th Grade)

What we know about development:

- Beginning to use greater reasoning skills
- Growing concerns of peer acceptance and “fitting in”
- Increasing desire for independence

Middle School (5th-8th Grade)

Stressors for Pre-teens with T1D

- Growing concern for peer acceptance and popularity
- Body image
- Increasing desire for independence

Middle School (5th-8th Grade)

Misconceptions of Classmates

- T1D is caused by lifestyle choices
- “No sugar!”
- “Special treatment” and technology/cell phones

Middle School (5th-8th Grade)

Psychosocial Supports from School Staff

- **Sharing a student's diagnosis**
 - Education at this age can go more in depth
- **Allow the student to educate you on what works for them**

High School (9th-12th Grade)

What we know about development:

- **Able to think more abstractly**
- **Forming identity**
- **Privacy and independence are very important**

High School (9th-12th Grade)

Stressors for Adolescents with T1D

- Lack of privacy with T1D management
- Planning for the future
- Greater demands (academics, sports, peers, & diabetes management)

High School (9th-12th Grade)

Misconceptions of Classmates

- **T1D is caused by lifestyle**
- **T1D will limit their ability to participate in social gatherings or competition**
- **Need to educate coaches**

High School (9th-12th Grade)

Psychosocial Supports from School Staff

- **Meet them where they're at and validate their feelings**
- **Identify personal goals**
- **Encourage independence of care**

Take-Aways for all age groups

- **Validate**
- **Praise**
- **They are not their diabetes**

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Questions & Discussion