





TDC Curriculum Guide

Topics discussed quarterly at every visit

	Winter 	Spring 	Summer 	Fall 
Educator Visit	DKA	Pattern Management (ability to recognize BG trends, dose adjustments, transitions w/routine-more exercise, spring break, summer break)	Prep for school (ROIs, supplies, plans, communication)	Age-appropriate responsibilities
Dietitian Visit	Carbohydrate 101 (carb counting, label reading, portion sizes, show ability)	Nutrition to support an active lifestyle; Sports performance nutrition	Meal planning strategies eating away from home (traveling, vacation, college/independent living)	Nutrition around the holidays

Topics discussed on an as-needed basis

**(goal is to complete all prior to
adult transition)**

- Alcohol
- Complications of pregnancy
- Diabetes burnout/mental health
- Hypoglycemia
- Navigating insurance
- Prep for school/Standardized testing
- Puberty
- Scheduling appointments
- Self-advocacy/communication with care team
- Travel/Overnights
- Uploading your device/apps/autossharing