**T1ToGo Tool: Diabetes CPR** (Dr. Barbara Anderson)

**Blog Post: Psychological Side of T1D**

- **C for Communicate**
  - What is going well?
  - What is going right?
  - Put a positive spin on the situation.

- **P for Problem Solve**
  - What are the barriers?
  - Which of these barriers can be modified?
    - Determine what is in your control.
    - Determine what is NOT in your control.
  - The Family Team creates a solution together.

- **R for Realistic Diabetes Goals**
  - Recognize not all BG readings are explained or controlled.
  - Parents are not 100% responsible for things out of their control.
  - “Perfect” is not achievable.
  - Reward the behavior not the BG number.
  - Sustained effort in management is the goal!

**Diabetes CPR** is a method described by Dr. Barbara Anderson of Texas Children’s Hospital/Baylor College of Medicine.

You can read more about her in the blog post: Psychological Side of T1D.

Psychological Support is part of the 2017 Diabetes Standard of Care. Utilize your medical team to obtain professional support.