



Dear TEDDY Colorado Long Distance Protocol Families,

It requires a lot of effort to complete a fifteen year study, but even more work from our families when they move away from our TEDDY center. We just want you to know how much we appreciate ALL of the hard work that you put into TEDDY! TEDDY wouldn't be possible without the dedication and commitment of our families. THANK YOU!

Your TEDDY Colorado Clinicians,

Michelle, Kim, Tricia, Stesha, Jamie, Erica, and Karen

Meet Jamie, TEDDY Colorado's New LDP Coordinator!



We understand that there can be challenges living outside of the Denver area and this can be difficult for many families. We want to be more attentive to your schedule and needs. In order to do this we have made a few changes to the way we organize our efforts.

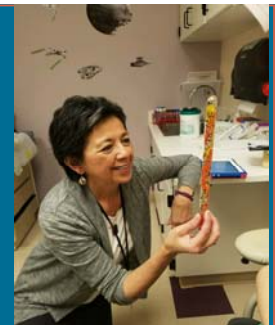
The first big change is that we now have a dedicated long distance protocol coordinator. How will this affect you? Jamie will be calling you to schedule your interview at a time that is convenient for you. We understand many of you already schedule your lab visits in advance. We will be moving to this model for everyone. She will have your preferred clinician call for your interview. However, some of you may be meeting with a new clinician as Flor, Ruth, and Cory have left the study. We have great new clinicians who will be there to take care of you!

Tips To Make TEDDY Blood Draws Easier By Rita Trujillo Hughes, LCSW, CDE

Have you noticed that your child may be more anxious about TEDDY blood draws than they were when they were younger? That there's more whining and resistance to the idea of getting poked? Or that they are outright against it? If so, this is not unusual as kids get older and their brains start to anticipate and worry about needles and pokes.

Here are two simple coping skills that you can teach.

These are designed to prevent stress from becoming overwhelming:



BREATHE: Slow deep calming breaths ("blow out the scared feelings") helps enormously to calm stress and fear.

EYEBALL Distraction: There are lots of ideas to keep our "thinking" brain in charge and not let our "fear" brain take over. Don't look at the poke and make your eyeballs do something else: focus on a video or game on an iPad or phone; read out loud from a favorite book; sip water through a straw or suck on a lollipop; listen to music with headphones; talk to your mom about something funny about your friend; comes armed with some new jokes!

Avoid the stalling: When kids get anxious, they become masters at stalling and avoiding. Unfortunately this also increases anticipation and cranks up the anxiety. So be calm and firm that we need to get it done quickly and move on.

Special treat or reward: Always a good incentive to look forward to. Some kids like a food treat or a trip to spend some TEDDY money for their hard work as Jr. Scientists.



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COLORADO TEDDY LONG DISTANCE

The Environmental Determinants of Diabetes in the Young

www.teddystudy.org
www.teddycolorado.org

TEDDY Videos for You and Your Junior Scientist!

Enrollment Video – This is the video we sent out to families at the time of enrollment to describe the TEDDY Study. The video provides a visual format of what diabetes is and what is involved in TEDDY participation.

<https://www.youtube.com/watch?v=Onkb3lZMwZo>

What Happens to Your Blood Video

This is a video created for TEDDY kids 8 years and older. It presents how the lab processes the blood samples you give.

<https://www.youtube.com/watch?v=QlNu6UxCuAU>

Around the World Video – This video was created to introduce TEDDY kids to the other TEDDY sites all over the world.

<https://www.youtube.com/>

Long Distance TEDDY Child Spotlight

Xander lives in Tampa, Florida where the TEDDY Data Coordinating Center is located at the University of South Florida.

His TEDDY nurse Tricia travels to the DCC in Tampa every year for a special meeting. She lets Xander and his Mom know when she is coming so they can have his TEDDY visit in person. We will do the same if we travel to your home town too!

Don't forget If you are traveling to Colorado, please let us know! We would love to see you and your family in person.



Xander visits "The Computer Room" where the huge servers store the TEDDY data from children around the world

YOU AREN'T ALONE! TEDDY Colorado Children Across America



- Colorado's farthest TEDDY child is in Australia! The family is 8,755 miles away from the Barbara Davis Center here in Aurora, CO.
- About 100 families from Colorado currently participate in TEDDY on our long distance protocol.
- The states with the most COLORADO long distance families are Texas and California.

TEDDY Pen Pals!

Your chance to connect with other TEDDY kids around the world!

Have you ever wondered what the children from the other TEDDY centers are like? Would you like to connect with a fellow TEDDY study participant? Well, if you answered yes to the questions above here's your chance! TEDDY has developed a TEDDY pen pal project to help you get to know your national and international TEDDY family a bit more. Please let us know if this is something your child may be interested in taking part in and we will get you started!

The TEDDY Study

Want to be a pen pal with a Junior Scientist at another TEDDY site?

Name: _____
Age: _____
Country: _____
My favorite things are: _____

I want a pen pal from (circle one):
United States: Washington or Georgia/Florida Area
Europe: Sweden or Finland or Germany