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Welcome! Your GI clinic is part of the ImproveCareNow Network, a collaborative community where clinicians, researchers, patients and parents are empowered to learn and continuously improve to bring about more reliable, proactive IBD care for healthier children & youth.

Our mission is to transform the health, care and costs for all children and adolescents with Crohn's disease and ulcerative colitis by building a sustainable collaborative chronic care network that works to improve outcomes for kids with IBD.

Learn more about ImproveCareNow, connect & find resources at improvecarenow.org

NEW IN 2025 **BLOGS BY ICN DIETITIANS**

- ✦ Exploring a Mediterranean Diet for IBD
- ✦ Avoidant/Restrictive Food Intake Disorder in IBD
- ✦ Imperfect, and still OK - Nutrition is Trial and Error
- ✦ How teens can still be OK with an imperfect diet

Clinical Expertise GET #INTHELOOP

NEW IN 2025 **CAREGIVER COPING RESOURCE**

A 160+ page resource coproduced by caregivers of children with IBD and/or Autoimmune Liver Diseases (AILD) as well as psychosocial professionals who work with pediatric GI patients and families.

IBD/AILD Lived Experience Co-Produced Clinical Expertise **FREE**

improvecarenow.org/loop

Highlighting Resources Shared in 2025!

As 2026 begins and we wrap up another year together, it feels nice to pause and reflect on how our community of patients, caregivers, clinicians, researchers, collaborators and improvers continues to uphold our commitment to sharing seamlessly. Join us in recognizing and celebrating some of the wonderful resources and lived experiences shared by our community in 2025!

Check out this blog post highlighting these resources here: improvecarenow.org/2025-wrapped-information-known-ge-know-how-from-icn

We have more resources, stories, and Research Explained articles to share in 2026, so be sure to [sign up for CIRCLE](#) to receive our newsletter in your inbox.

Join us on April 23, 2026 for our Live Online Community Conference!

ImproveCareNow is busy planning our Spring Live Online Community Conference, to be held virtually on April 23, 2026.

Community Conferences are a time for our community to share learnings and connect with one another about how ICN is working together to improve outcomes for kids with IBD.

Attendance is FREE for patients & caregivers and participation is encouraged from everyone in our community

More details and registration (when open on January 30) can be found here:

improvecarenow.org/spring_2026_community_conference



APRIL 23, 2026 [#icncc26s](#)

"We've learned that when we share openly about IBD, we can end stigma and isolation." - Chris K

"Please consider becoming an active participant - the first step is to sign up!" - Jill H

Put in your time and energy on behalf of someone else. No effort is too small, because everything we do in ImproveCareNow is magnified by the efforts of thousands of other improvers, and together we bring about a better quality of life for many. ***Here are some actions you can take, or invite others to take:***



Help Us Grow Our CIRCLE

improvecarenow.org/icn_circle

Connect with a welcoming & supportive community, and receive IBD resources, community stories, and ImproveCareNow updates & opportunities. You don't have to do life with IBD alone.

Join the Patient Advisory Council

improvecarenow.org/patients

Pediatric patients with IBD (14+) are invited to join the PAC. Together, the PAC is a voice for all patients who receive care at an ImproveCareNow Center

Join the Parent/Family Advisory Council

improvecarenow.org/connecting-parents

Caregivers of children with Crohn's disease and ulcerative colitis are invited to join the PFAC!

Stay #InTheLOOP with our stories

improvecarenow.org/stay_in_the_loop

Join our mailing list to get notified about new posts to the ImproveCareNow blog

Follow ImproveCareNow on Social

[@improvecarenow](https://twitter.com/improvecarenow)

You can find us on [Facebook](#), [Twitter/X](#), [Instagram](#) and [LinkedIn](#)! We want to connect with you ❤️❤️

Thanks for being an improver!



IMPROVECARENOW *improving pediatric IBD outcomes, together*