## Talking with your Teen: Navigating the Highs and Lows

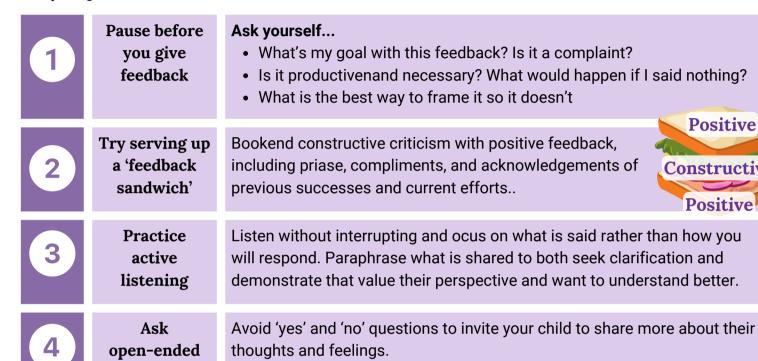
## **COMMUNICATION TOOLS**

questions

Ask for

permission

Offering feedback and direction is a necessary part of parenting, but it can also open the door for misunderstandings and conflict. Here are some tips to consider when approaching important conversations about diabetes management with adolescents and young adults:



**Encourage** Give your child space and freedom to make their own decisions, and be independence there if they need help dealing with the outcome. This will show that you trust them and increase their self-confidence.

eg. "How are you feeling?" rather than "Are you feeling okay?"

Model desired Modelling desired behaviour creates consistency and a shared sense of behaviour responsibility. Promote accountability by being accountable.

> Acknowledge the burden discussing T1D can have on your child. To foster collaboration, check-in with them about the timing of conversations and the topics before starting (unless it is an emergency situation). eg. "I have some information that could be helpful. How open are you to hearing it?"

Remember: You want your child to feel like they are the hero of their story, with you as their sidekick.







**Positive** 

Constructiv

**Positive**