

List of References



SCAFFOLDING

[Parent Lab. \(2019\). *What is scaffolding?*](#)

This short video introduces scaffolding as it pertains to parenting and building confidence in children. One key takeaway is the message to “give enough support so that the child can complete the task, but not so much that they are no longer challenged to expand their skill set”.

[Starke, K. \(2021\). *How to implement a gradual release of responsibility.*](#)

Scaffolding is traditionally presented as a way for teachers to construct lesson plans for new skills and concepts. Kathryn Starke’s overview of the art of scaffolding can be repurposed for parents who want to implement a gradual release of T1D responsibility as their child approaches adulthood.

FRAMEWORKS OF INTERDEPENDENCE

[Marzouk, S. \(2021\). *Diabetes and teens: Three keys for parents.*](#)

Dr. Sam Marzouk suggests three perspectives for parents to help empower their teens’ T1D management. His suggestion for honouring independence was a key influence in developing the attached worksheet on sharing responsibility.

[Sinusoid, D. \(2021\). *7 habits: Dependence, independence, interdependence.*](#)

Darya Sinusoid summarizes the concepts of dependence, independence, and interdependence outlined in Stephen Covey’s book, *The 7 Habits of Highly Effective People*. We’ve adapted Sinusoid’s explanatory chart to be more relevant to the teenage T1D experience.

LEARNING ZONE AND S.M.A.R.T. GOALS

[Mind Tools. \(n.d.\). *The learning zone model.*](#)

This article thoroughly explains the learning zone model. It provides an in depth analysis of the comfort, learning, and panic zones, as well as practical tips to implement this concept into daily growth and development. This is an ideal resource for parents and teens looking to navigate the challenges of transitioning into adulthood with T1D.

[Martins, J. \(2024\). *What are SMART goals?*](#)

This comprehensive resource outlines the five qualities of SMART Goals, explores the pros and cons of the practice, provides several detailed examples, and presents the steps required to turn any goal into a SMART goal.