

List of References



THE TEENAGE BRAIN

[Stanford Medicine Children's Health. \(n.d.\). Understanding the teen brain.](#)

This summary of teenage brain development explains the science linking brain chemistry and teenage behaviour.

[Children & Young People's Health Services. \(n.d.\). The teenage brain.](#)

Building on the science established in the previous article, this resource also highlights the perks of having a teenage brain - primarily, having a brain that is receptive, active, and adaptive.

COMMUNICATION TOOLS

[Flaherty, J. \(2022\). Tips for talking to your teenager with diabetes. Beyond Type 1.](#)

This article empathetically provides advice for - and recognition of - the unique challenges of communicating with a teenager living with T1D. This resource focuses on how T1D “affects their life, your relationship and your entire family”, and how to avoid feelings of shame and blame when navigating these challenges.

[Vallis, M. \(2020\). Let's Talk Type 1 Diabetes Management with Dr. Michael Vallis.](#)

Dr. Michael Vallis leads this webinar hosted by DHF on the various aspects of diabetes distress management. His thoughts on the emotional burden of living with T1D (beginning at [12:10](#)) can provide parents with a great starting point for discussions about T1D management.

[Louick, R. \(2023\). 7 tips to give effective feedback to your child. Big Life Journal.](#)

From reminders to *be specific with your feedback* to the classic “feedback sandwich”, these tips and tricks can help you to reframe and reflect on how you provide critical feedback to your teen.

[Maryniuk, M. \(2018\). Words have power. National Institute of Diabetes and Digestive and Kidney Diseases.](#)

Researcher Melinda Maryniuk shares her study's recommendations regarding the use of language in diabetes care and education. While the research was conducted to provide insights for health professionals, her suggestions to use person-centered, nonjudgmental, stigma-free, strengths-based language focused on collaboration are equally valuable for parents.

[Richards, M. \(2017, April 3\). Communication and the teenage brain.](#)

This TEDx Talk explains the neuroscience behind teenage behaviour with a focus on communication. Particularly of note is host Martyn Richard's suggestion to ask teenagers to recount their actions rather than asking “why did you do this?”. His rationale is that “you'll arrive at the same place in the end”, but you'll get there in a way the teenage brain understands.