

Diabetes in Teens: How You Can Help

From baby to teen, your child's body has changed. Diabetes has brought changes too.

Now that your child is a teen, things can get a bit complicated. As most teens do, your teen may be going to bed late at night.

Sleeping late in the morning. Eating at odd times. All normal teenage behavior. But these things can mess with blood sugar.

So while your teen is trying to fit in with other kids and find independence, your teen is also managing their diabetes. What can you do?

Sometimes you have to let go and allow your teen to take most of the responsibility for managing diabetes. That gives your teen the independence they may crave right now.

Tell your teen it's okay to talk about having diabetes. Your teen may be surprised by how much their friends and teachers want to help and support them in managing diabetes.

Keep things real. Teens may act out, but they still need to know they have your support and guidance. Do your best to make it easier for your teen by having healthy snacks within easy reach.

Encourage activities with your teen's friends that get them moving. Supporting your teen who has diabetes may not always be easy, but you've cared, loved, and supported your child through other stages.

(Remember the "terrible twos"?) You and your family can do this too. The things you do to help your teen manage diabetes aren't just good for your teen... Everyone can feel better together.

And remember, you can always call your doctor or diabetes educator if you have questions.