

AS PARENTS, DROPPING A CHILD WHO HAS DIABETES OFF AT COLLEGE IS PROBABLY ONE OF THE HARDEST THINGS YOU'LL EVER HAVE TO DO. WE GET IT AND WE ARE HERE TO HELP. HERE ARE SOME TIPS FOR WHAT TO DO (AND WHAT NOT TO DO).



INSTALL A SENSE OF INDEPENDENCE IN YOUR CHILD.

If you haven't already, now is the time to start transferring responsibility of diabetes care to your child. It may seem scary, but you'll feel 100 times better when you're driving away from campus knowing that your child can manage their diabetes without you. By the time they leave for college, they should be completely **self-sufficient when it comes to their daily diabetes management**, including the following:

- Dosing insulin
- Carb counting
- Being able to tell friends/roommates that they have diabetes
- Registering for accommodations on campus
- Knowing what low and high blood sugars are and how to correct them.
- Knowing when something isn't right and acting on it by calling a doctor or going to the hospital
- Checking blood sugar regularly
- Cleaning and changing pump/CGM sites
- Taking injections
- Having an understanding of a sick day plan



BREATHE

Is your child not taking responsibility "the way they should be"? It is very common for people with diabetes to have a hard time in their teenage and young adult years. Remember, you cannot force anyone to do something, even your child. **It takes time for some young adults to realize how important it is to take care of themselves.** Sometimes it takes a few rough patches to get on the right path. Be patient. Be supportive. Breathe. This is a marathon, not a sprint.



CONTINUE TO HELP WITH THE LOGISTICAL ELEMENTS OF DIABETES MANAGEMENT.

This includes things like, navigating health insurance and payment for medical services, ordering/receiving medical supplies and of course providing motivation and emotional support.



CREATE A COMMUNICATION AGREEMENT.

Have a conversation with your child and come to an agreement about their expectations of you, and vice versa—and stick to it. We have a great one in our [Resource Hub HERE](#).



KEEP BUSY AFTER MOVE IN.

You may be a little bit sad, that's normal. Just try to remember this is an exciting time for your child—and you. Do something for yourself. Join a club. Exercise more. Read that stack of books. **Get involved in something that you may not have had time for before**—it will help you focus on things other than worrying about your child.



SEND YOUR CHILD A CARE PACKAGE.

Diabetes or not, it's **really exciting to get mail from home** when you're at school. Send your child a package to let them know you're thinking of them. You can include whatever you want, but here are some suggestions:

- Powdered drink packages
- Extra low snacks
- Gift Cards to Doordash, Amazon, (or similar)
- Their fav crafty pastime- markers, paint, etc
- Favorite candy or gum
- Old/funny photos or small things from home
- Silly socks for walking around the dorm (socks always get lost at school)
- Hand lotion/sanitizer
- A batch of their favorite homemade baked goods



JOIN OUR PARENTS AND CAREGIVERS FACEBOOK GROUP.

This is an active group, just for parents of teens and young adults with diabetes who are thinking about, getting ready for, or already in college. Share successes, get support and advice, and learn from other parents who've been there. Request to join [HERE](#)



ASK YOUR CHILD WHAT THEIR BLOOD SUGAR IS ALL THE TIME.

Some families have worked out agreements where the student texts their parents what their blood sugar is at a specific time of day. Others don't share this information at all. Whatever you decide on, don't send your child a slew of text messages requesting constant blood sugar updates. **College is about them, not their blood sugar.**



GET ANGRY WITH YOUR CHILD FOR HAVING A HIGH HBA1C

College is incredibly tough on diabetes management. Even the most proactive student is bound to have some bad days (or weeks, or months). Instead of getting angry, talk to your student and ask if there's any way you can help. **Remind them they've got this.**

**YOU CAN DO
THIS.
YOU'VE
WORKED HARD
TO PREPARE
THEM.
THEY'RE
GOING TO BE
GREAT.**

