

5 impactful things I wish we would have tried sooner while looping with our toddler

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The following will probably seem like basic practices to most of you, but as a parent who is new to Looping their toddler (less than a year) they were not obvious at first.

1. **Diluted insulin** is a must (U25 for us). On U100 our TDD was often below 3U. This caused wildly inconsistent absorption (OmniPod) which made tuning his profile/parameters near impossible.
2. **Enabling SMBs, UAM, and increasing their respective time restraints above default** (Max minutes of basal to limit SMB/UAM to). This really helps take care of those slow and steady melt-ups that feel like they will never stop climbing. For us, it was typically during a nap or sleep after a heavy protein & fat meal. (Hormones probably play a part here too)
3. **Increasing DIA to 9 hours.** (We are on Novolog) Recent posts in the Looping community pointed us in this direction. I felt our original DIA of 6.5h was wrong due to continuous dropping after 0 IOB but was hesitant to change it because 6.5h already seemed so far away from what conventional T1D care teaches. After using a DIA of 9h, it's clear that 6.5h and loop lead to insulin stacking and eventually hypos or potential hypos that had to be treated with additional carbs.
4. **Utilizing the “Eating Soon” temp target** for meals is a game changer to curb those post meal spikes without causing a hypo after.
5. **Increasing/decreasing profile %** to help with growth spurts, allergies, or alignment of the planets on any given day 😊. As you know, there is no such thing as static in T1D care and children. It's very much dynamic and a constantly changing battlefield. However, fiddling with his profile (that I was confident of) often lead to more headaches. Instead, bumping the profile up or down during these weird stages made things so much easier.

At first, all of the above seemed scary, especially **with an almost 3 year old** who was very insulin sensitive. I might be alone on this, but **after reading the docs, many features/practices felt like they wouldn't be possible until he was much older** and not so volatile in regards to carbs & insulin.

Not saying we have perfect control of his BG (we still have bad days and weeks) but these things really helped us take our control to the next level. His last A1c was 5.9% (previously 7.1%) and that was before we started using "Eating Soon" temp targets so I'm excited to see what the next A1c check is. His 30 day TIR (80-180mg/dl) is currently 89% with many days in the mid to upper 90s and even a handful of 100% days!

It goes without saying, all of this needs to be done with safety being the #1 priority and won't help if your underlying basic settings are wrong