

Back-to-school time can be busy and stressful for families, especially if your child has diabetes. Because children spend a large portion of their day in school, it is important and very reasonable to plan ahead and prepare the teachers. Here are a few ways to help the school year go a little easier for both you and your child.

Tips for Back to School

- Create a written plan that outlines how to care for your child's diabetes during the school day. Show this plan to the principal, the school nurse and all of your child's teachers. Include in this plan: how to routinely care for your child, emergency numbers, who will administer the blood glucose and ketone monitoring, and who will administer insulin and glucagon injections, if needed. Include a photo of your child for substitute teachers and teaching assistants.
- Meet with the school nurse, teachers, and other staff before school begins to review this plan and provide supplies as needed (blood glucose checking, injection equipment, etc).
- Make sure teachers, the school nurse, and especially physical education teachers and coaches understand the signs of low and high blood glucose, and know what to do if either occurs. Give examples of some of your child's symptoms to help them quickly recognize and be able to handle low and high blood glucoses.
- Prepare a specific list of supplies to treat low blood glucose and explain where these supplies will be located. Provide acceptable supplies to the school.
- Meet with cafeteria staff to share basic meal planning information so they can help your child if food choice changes are needed.
- Send your child off to school with healthy snacks, such as crackers, fruit and yogurt.
- Have the school contact you with schedule changes, plans for field trips and other school events so you can arrange for any needed changes ahead of time.
- Remember that all children, with or without diabetes, need to feel a part of all classroom and school activities. Planning ahead makes this happen safely.
- Thank your child's school team for their help with the care of your child during the school year.

For more information, a publication, "*Helping the Student with Diabetes Succeed: A Guide for School Personnel*," by the National Diabetes Education program (NDEP) is available online at http://ndep.nih.gov/diabetes/pubs/Youth_SchoolGuide.pdf
<http://ndep.nih.gov/diabetes/pus/catalog.htm>

