school and other information

how to coordinate with your child's school

- **School nurse.** Before your child returns to school after diagnosis, set up a meeting with the school nurse to talk to them about your child's diabetes.

  - Each school has a plan for students with diabetes. Meeting with the school nurse will allow you to learn about your child's school plan and ask questions before your child returns to school.

- **School forms.** The diabetes team will provide your child's school with forms specific to your child's diabetes care needs.

- **Sports.** Your child can participate in any sport.

  - A statement regarding diabetes care may be requested by the coaches or trainers. The diabetes team can provide that.

  - Sports physical forms will need to be completed by your primary care physician.

parent's checklist	
Blood sugar testing and insulin	• Where are my child's meter and diabetes supplies kept?. • Does my child know the times for testing during the school day? • What is my child to do if feeling low or ill?
Food	• Is the staff or student able to count carbs? • Where are the supplies for low blood sugar treatment to be kept?
Exercise	• Will this be a day of normal or unusual activity? • Will food and insulin balance with the scheduled activity? • Will my child need pre-treatment for the activity?
Timing	• At what times will my child eat snacks and lunch? • At what time will physical activity take place? • Will my child be home from school in time for an afternoon snack, or should the afternoon snack be eaten at school?
Emergencies	• Have teachers been educated to recognize signs of low blood sugar? • Can a parent or other knowledgeable person be reached quickly for help? • Does the teacher know what to do until I arrive?