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.

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**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?  