

Back to School Tips When Your Child has Type 1 Diabetes

Children with diabetes can take part in all classes and school programs. Some kids with diabetes might need some help at school with diabetes care management. You will need to meet with your child's or teen's teachers before they go back to school.

Your diabetes nurse will go through a school care plan with you to help provide some information on how to manage diabetes at school. The nurse will also give you a Type 1 Diabetes information sheet to provide to the school. www.DiabetesAtSchool.ca is an excellent resource with handouts and videos to explain Type 1 Diabetes to teachers and school administrators.

- Ask to meet with the classroom teacher, gym teacher, principal or vice-principal, and any other staff members you feel are necessary to inform. Review the diagnosis and the care plan with them.

Important Things to Explain:

1. Low Blood Sugars:

- Teach school staff about low blood sugar– the signs and symptoms, treatment, and how to prevent it. Ask the principal to let the bus driver, lunchroom supervisors, and other staff know.
- Give the teacher and your child or teen a supply of rapid-acting carbohydrates (low blood sugar treatments) to keep. Check the supply regularly and give more as needed.
- Explain to the staff that if your child or teen is having a low that the teacher or a friend must stay with them until all signs of low blood sugars have gone away.
- For outdoor classes or field trips provide the teacher and your child or teen with a backpack filled with low blood sugar treatments and diabetes supplies.

2. High Blood Sugars:

- Review symptoms of high blood sugars. Tell the teacher that your child may be thirsty and need more bathroom breaks. Also let them know that it may be difficult for your child or teen to concentrate when the blood sugar is high.
- Make sure your child or teen has a water bottle available to them at their desk.

3. Space

- Give the school a sharps container so needles and lancets can be disposed of safely.
- Ask the teacher or principal to find a private, 'clean' space where your child can do blood sugar checks and give insulin.

4. Possible Reminders

- For young children consider starting a communication book or write in the agenda about important information related to diabetes (e.g. recording blood sugar checks and insulin doses).
- If your child needs help remembering to eat snacks or check blood sugar, buy them a digital watch with an alarm
- Make sure your child wears a medic alert ID to school