

Back to School Tips When Your Child has Type 1 Diabetes

You will need to meet with your child's teachers before he or she goes back to school. The Canadian Diabetes Association has a resource kit called *Kids with Diabetes in Your Care*. This kit has been developed for teachers and parents. It will help you teach the teacher. You can get this kit from the Canadian Diabetes Association's web site at www.diabetes.ca.

- Ask to meet with the classroom teacher, gym teacher, principal or vice-principal, and school secretary. Give them the *Kids with Diabetes in Your Care* resource before the meeting and ask them to review it.
- 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, librarian, substitute teachers, and other staff know.
- Give the teacher a supply of rapid-acting carbohydrate to treat low blood sugar. Check this supply regularly and give more as needed.
- Give the teacher a fanny-pack with rapid-acting carbohydrate in it. The teacher or your child can carry it during outdoor classes or field trips.
- Review the symptoms of high blood sugar. Tell the teacher that your child will be thirsty and need to go to the bathroom. Make sure your child can keep a bottle of water at his or her desk. Let the teacher know that your child may also have trouble concentrating when the blood sugar is high.
- Ask the teacher or principal to find a private, “clean” space where your child can do blood sugar checks, or give insulin injections. Give the school a sharps container so the needles and lancets can be disposed of safely.
- If your child needs help remembering to eat snacks or check her blood sugar, buy a digital watch with an alarm.
- For very young children, start a communication book. You and the teacher can write down important information about the diabetes. Older students can use their school agenda for communication.

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.
