

Back to School: Managing Diabetes

Connect with the nurse

Make sure the nurse is aware of your child's diagnosis and familiar with any continuous glucose monitor they may be using. Be sure that the nurse has emergency glucagon and insulin (if your child is taking it).

Confirm that other school staff (bus driver, PE teacher, etc.) are also aware of any diabetes diagnosis and can identify symptoms of low blood sugar.

Be prepared for field trips, extracurricular activities (clubs and sports) and school-sponsored events (dances) by notifying at least two adults of emergency procedures.



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Practice at home

Double-check that your student is as capable and independent as possible. Have them practice how to test their own blood sugar, taking insulin injections and treating low blood sugars at home with juice or glucose tabs.

Pack a 'low-box'

Pack one for the classroom, nurse's office and your child's bookbag. Include shelf-stable foods and drinks to bring up blood sugar rapidly. For example: juice boxes, glucose tabs, non-chocolate candy (LIFE SAVERS).



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Avoid skipping meals, especially breakfast

Eating meals consistently throughout the day can make blood sugar levels more stable.

Get ahead: Confirm all official paperwork is in place

- Have a **current DMMP** (Diabetes Medical Management Plan).
- Have a **504 plan or IEP** (Individualized Education Program) to help identify if the school or the child/family is responsible for specific tasks. Determine who will be trained to respond to an emergency if the school nurse isn't available.

