



## Checklist for Going Back to School with Type 1 Diabetes

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- Talk with your child about how to answer questions from classmates and friends about type 1 diabetes.
- Ensure you have a Diabetes Medical Management Plan (DMMP) from your child’s endocrinologist which contains the medical orders that are the basis for your child’s diabetes and education plans at school.
- Your school nurse should prepare an:
  - Individualized Healthcare Plan (IHP) for your child based on the DMMP. Some of the things that might be included in an IHP are: detailed information about their diabetes care at school, when and how often to check their blood sugar, how to treat low and high blood sugars and administer insulin.
  - Emergency Care Plan for Hypoglycemia and Hyperglycemia, based on the DMMP, which summarizes how to recognize and treat hypoglycemia and hyperglycemia and whom to contact for help. The plan should be distributed to all school personnel who have responsibility for your child during the school day and during school-sponsored activities. A completed copy should be provided to you.

If your school does not have a designated full-time nurse in the building, check with your healthcare professional to see if there are “extended family” trainings which key members of your school faculty and staff might attend. You will need to work with your healthcare professional to create the IHP and Emergency Care Plans for hypo and hyperglycemia, and share these with relevant school personnel.

- Prior to your child going back to school with type 1 diabetes, meet with your child’s school diabetes care team. This team includes your school nurse, administration personnel, teachers, etc. Be sure to address diabetes-related technology (continuous glucose monitors, cell phones and insulin pumps) in the classroom and establish a communication protocol to ensure you have daily insight into your child’s blood sugar levels and insulin dosages.
- Become familiar with 504 Plans, which provide information/details for diabetes-treatment and education-related accommodations, and determine if your child needs one. If you decide one should be written, it should be completed in partnership with your school diabetes care team. Learn more about 504 Plans at [jdrf.org/school](http://jdrf.org/school).
- Work with your child to develop a relationship with the individuals they interact with throughout the school day, including before and after-school care, lunchroom staff, coaches and sponsors for extracurricular activities. Educate and train these individuals as necessary – they are a critical part of your child’s diabetes care team. You’ll find additional helpful educational resources you can share at [jdrf.org/school](http://jdrf.org/school).
- Make a plan with your child’s school diabetes care team about how you will communicate with them during lunchtime. Plan in advance for hot lunches by requesting nutritional information and carbohydrate counts in order to calculate your child’s insulin dosage.

### Gather your diabetes school supplies:



Continuous Glucose Monitor (CGM) and pump supplies



Extra batteries or charging cord if needed



Glucagon



Index card with phone numbers of important contacts



Glucose meter, lancing device, lancets and blood sugar test strips



Insulin and syringes or insulin pen and needles



Ketone testing supplies



Low blood sugar supplies (glucose tabs, gels, fruit snacks etc.)



Container to hold everything

Be sure to include plenty of extras and set up a system with teachers and other staff to alert you when supplies or snacks forlows need to be replenished.

Remember, you are not alone! You can request to be connected with someone locally who knows how overwhelming it can be, has experience adapting to the daily demands of managing T1D, and understands the complexities that go into sending your child to school with type 1 diabetes. Get connected by visiting [www.jdrf.org/personal-support](http://www.jdrf.org/personal-support).

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting [jdrf.org/donate](http://jdrf.org/donate).

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