

Supporting students with diabetes: Parents and carers checklist

This checklist will help you prepare everything you need to support your child's diabetes management so they can fully participate in school activities.

Newly diagnosed, or starting a new school		<input checked="" type="checkbox"/>
Tell the school	<ul style="list-style-type: none"> Let the school know your child has type 1 diabetes. 	
Talk to your child's diabetes health professional(s)	<ul style="list-style-type: none"> Talk to your child's diabetes health professional(s) about their diabetes needs, equipment, supplies and medications for school. They will develop a diabetes management plan for the school. 	
Meet with the school	<ul style="list-style-type: none"> Meet with the school to talk through your child's diabetes management plan and agree on reasonable adjustments. 	
	<ul style="list-style-type: none"> Make sure the school has all the information they need, including a copy of your child's diabetes management plan. 	
	<ul style="list-style-type: none"> Talk about any concerns you have. 	
Give consent to the school	<ul style="list-style-type: none"> Give consent to the school so staff can support your child with their diabetes, including giving insulin and talking with your child's diabetes health professional(s), if needed. 	
Beginning a new school year		
Check your child's diabetes management plan	<ul style="list-style-type: none"> Check the plan is current (has been reviewed within the last 12 months). 	
	<ul style="list-style-type: none"> Make sure the plan has been updated by your child's diabetes health professional(s) if there have been changes in your child's diabetes management since they were last at school. 	
	<ul style="list-style-type: none"> Check the emergency contact details are up to date. 	
Make sure the school has the current diabetes management plan	<ul style="list-style-type: none"> Make sure the school has the most up-to-date copy of your child's diabetes management plan. 	
Meet with the principal and/or designated staff	<ul style="list-style-type: none"> Talk through and plan for any changes with the new school year, such as changes to school routines, timetables, support staff and training needs. 	
Check diabetes supplies and equipment for school	<ul style="list-style-type: none"> Make sure insulin and diabetes supplies such as glucose and ketone strips are in-date and restock any supplies that are low. Check diabetes equipment works. Check hypo kit is stocked. 	

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Ongoing day-to-day management		
Communicate regularly with the school	<ul style="list-style-type: none"> Keep the school updated about your child's diabetes care needs as well as their physical and emotional health. 	
Support the school	<ul style="list-style-type: none"> Help support the school in providing care for your child such as labelling their food with carbohydrate amounts to help with insulin dosing at mealtimes. 	
Make sure your child has their diabetes equipment and supplies with them for school	<ul style="list-style-type: none"> An insulin pen 	
	<ul style="list-style-type: none"> Insulin pen needles 	
	<ul style="list-style-type: none"> Sharps container 	
	<ul style="list-style-type: none"> An insulin calculation method or tool 	
	<ul style="list-style-type: none"> Carb counting information 	
	<ul style="list-style-type: none"> Refrigeration available for spare insulin 	
	<ul style="list-style-type: none"> A blood glucose meter 	
	<ul style="list-style-type: none"> Blood glucose monitoring strips 	
	<ul style="list-style-type: none"> A lancing device 	
	<ul style="list-style-type: none"> Lancets 	
	<ul style="list-style-type: none"> Ketone monitoring strips (if needed) 	
	<ul style="list-style-type: none"> A device for CGM data (if applicable) 	
	<ul style="list-style-type: none"> Spare pump supplies at school (if applicable) 	
Make sure your child has their hypo kit and supplies with them for school	<ul style="list-style-type: none"> Make sure your child has 2 to 3 treatments of fast-acting carbohydrates in 15-gram carb portions such as: <ul style="list-style-type: none"> 6 to 7 jellybeans 15 grams of oral glucose gel 150 ml juice 100 ml of Lucozade. 	
	<ul style="list-style-type: none"> Make sure your child has slower-acting carbohydrates such as: <ul style="list-style-type: none"> muesli bars dried fruit 250ml carton of long-life milk. 	
	<ul style="list-style-type: none"> Glucagon pen (and still within its use by date) 	
Camps and excursions		
Plan for school camps and excursions	<ul style="list-style-type: none"> Work with your child's school and diabetes health professional(s) to prepare information for your child's camp diabetes management plan. See <i>School camp planning – parent/carer checklist</i> 	