



Tips for parents

1. Create a diabetes management plan for your child

- ✓ A diabetes management and action/emergency plan should be developed with your diabetes treating team, and provide clear, actionable steps to help support the management of your child's type 1 diabetes at school
- ✓ Plans should be easily accessible and reviewed by relevant school staff

2. Make a checklist

- ✓ A daily checklist can help ensure that your child has everything they need for that school day
- ✓ Check your child has their bag before leaving the house
- ✓ Check school supplies (if left at school) regularly
- ✓ Make sure supplies are up to date and not expired or depleted
- ✓ Replace or replenish supplies regularly

3. Plan meals and snacks for the week

- ✓ Label food with the carbohydrate amount in each item
- ✓ Request a menu from tuckshop, check amount of carbohydrate in the food available





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4. Plan insulin support needs

- ✓ Place insulin in a cooler bag
- ✓ Check insulin is up to date and not expired or depleted
- ✓ Replace and replenish supplies regularly

5. Be prepared for fluctuating glucose levels (low or a high)

- ✓ Ensure your child has the necessary items to check a glucose or ketone level
- ✓ Create a hypo kit for your child and an additional one for school (as back up)
- ✓ Pack non-perishable snacks and keep emergency carbs in places that are easily accessed
- ✓ Keep your child hydrated. Provide a water bottle
- ✓ Educate your child of the importance of having their hypo kit available to them
- ✓ Make sure that both kits are up to date and not expired or depleted
- ✓ Replace and replenish supplies regularly

6. Take extra precautions for physical activities

- ✓ Speak with your child's sports teacher to ensure they know about your child's diabetes and support needs (breaks, water, food, glucose monitoring, insulin adjustment and diabetes emergency management)
- ✓ Check school physical activity program schedule ahead of time
- ✓ Discuss with your diabetes treating team about the school physical activity program schedule ahead of time to determine if any insulin dose changes will be needed
- ✓ Ensure your child has the necessary items to check their glucose level more often
- ✓ Keep your child hydrated. Provide a water bottle
- ✓ Physical activity makes it even more important for your child to have an action/emergency plan

7. Plan for special events (celebrations, excursions and camps)

- ✓ If no trained adult attending, consider attending or staying close by
- ✓ Check program schedule ahead of time
- ✓ Check menu and snacks, choose foods ahead of time
- ✓ Check physical activity program schedule ahead of time
- ✓ It is even more important for your child to have an action/emergency plan
- ✓ There are usually special provisions for students with type 1 diabetes when it comes to exams, this includes being allowed to take food and drink to an exam





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8. Keep your child at home

- ✓ If your child is too unwell to go to school
- ✓ Students with type 1 diabetes do not need to miss more school than other students, except for medical appointments and serious illness
- ✓ Your child should not be kept or sent home from school for any reason related to their type 1 diabetes, except for those specified in their management and action/emergency plans
- ✓ High and low blood glucose need to be treated immediately by school staff. There is not a specific blood glucose value that means your child will automatically be sent home, unless specified in your child's management and action/emergency plan

9. Communicate with classmates

- ✓ It's important that school staff and classmates around your child know about type 1 diabetes
- ✓ Letting classmates know what symptoms to look out for, for example, a low glucose level will help them to know what to do to help (or what not to do!)

10. Communicate with school

- ✓ Talk with your child and encourage them to approach staff if they feel unwell
- ✓ Ensure all contact information in the diabetes management and action/emergency plans is up to date (primary contact and at least one backup)
- ✓ Agree on a way to share blood glucose levels and other information related to daily management (text message, phone, email)
- ✓ Regular contact is necessary to ensure you know when supplies are running low or to let the school know if there have been any changes made to your child's diabetes management
- ✓ Remember, as your child grows, their needs will change!
- ✓ Frequent conversations between school and parent/carer about a child's social and academic progress will help keep the lines of communication open and positive

