

SCHOOL DIABETES MANAGEMENT CHECKLIST FOR PARENTS:

_____ Discuss specific care of your child with the teachers, school nurse and other staff who will be involved.

_____ Complete the individualized school health care plan with the help of school staff and your diabetes care staff.

_____ Make sure your child understands the details of who will help him/her with testing, shots and treatment of high or low blood sugars at school and where supplies will be kept. Supplies should be kept in a place where they are always available if needed.

_____ Keep current phone numbers where you can be reached. Collect equipment for school: meter, strips and finger-poker, lancets, insulin, insulin syringes, biohazard container, log book or a copy of testing record form (make arrangements to have blood sugars sent home routinely), extra insulin pump supplies, ketone testing strips, photo for substitute teacher's folder.

_____ Food and drinks; parents need to check intermittently to make sure supplies are not used up:

- ◆ juice cans or boxes (approximately 15 grams of carb each)
- ◆ glucose tablets
- ◆ instant glucose or cake decorating gel
- ◆ crackers (±peanut butter and/or cheese)
- ◆ quarters to buy sugar pop if needed
- ◆ Fruit-Roll Ups
- ◆ dried fruit
- ◆ raisins or other snacks

_____ box with the child's name to store these food and drink items