





## Ideas for Parents

You can be involved in your child's school by **attending** meetings, workshops, or training events offered by the school; **communicating** with school staff and other parents; **volunteering** for school events or in your child's classroom; **reinforcing** healthy messages and practices your child learns at school; **helping** make decisions about health in the school; and **being part** of community activities supported by the school. Here are some specific ideas for how you can support your child's school in addressing diabetes.

- Advocate for a full-time registered nurse in school.
- Have an ongoing conversation with your child to discuss their diabetes, their feelings about having diabetes, and if they feel safe and supported at school.<sup>5</sup>
- Work with your child's health care provider to establish a school diabetes medical management plan and the timely completion of required school forms.<sup>3</sup> Encourage communication between school health services and your child's health care provider.
- Provide medication, monitoring supplies, and snacks to the registered nurse or other school health official.
- Ensure that there is a current individualized health care plan, and assist with setting goals.<sup>4</sup>
- Keep your emergency contact information up-to-date with the teacher, school secretary, and registered nurse.
- Communicate with your child's teachers, counselors, school health services, and food services staff about your child's diabetes and any concerns about how they cope while at school.
- Volunteer with your child, or get involved at school health events to educate staff and other families about diabetes.
- Join a group, such as the PTA, school wellness committee, or school health advisory council, that addresses the needs of a supportive and healthy school environment.<sup>6</sup>
- Share research-based websites or written materials about diabetes with teachers, nurses, and administrators, when possible, (e.g., <http://www.cdc.gov/Features/DiabetesInSchool>).



Check out additional resources for parents related to the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions at <http://www.cdc.gov/healthyschools/P4HS.htm>.

## REFERENCES

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3. National Association of School Nurses. *Position Statement: Diabetes Management in the School Setting*; 2012.
4. National Association of School Nurses. *Position Statement: Individualized Healthcare Plans: The Role of the School Nurse*; 2015.
5. Centers for Disease Control and Prevention. *School Connectedness: Strategies for Increasing Protective Factors among Youth*. Atlanta: US Dept of Health and Human Services; 2009.
6. Centers for Disease Control and Prevention. *Parent Engagement: Strategies for Involving Parents in School Health*. Atlanta: US Dept of Health and Human Services; 2012.

