

SCHOOL DIABETES MANAGEMENT CHECKLIST FOR PARENTS

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

- _____ Complete the individualized school health care plan with the help of the school nurse 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 the school clinic where they are always available.**

- _____ Make arrangements for the school to send home blood sugar records when needed.**

- _____ Keep current phone numbers where you can be reached. Collect equipment for school: meter, strips and finger poker, lancets, insulin, insulin syringes or pen, extra insulin pump supplies, ketone testing strips.**

- _____ Food and drinks: parents need to check intermittently to make sure supplies are not used up:
 - **Juice cans or boxes---approximately 15 gm carbohydrate 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 & drink items**