



## Communication with School Teachers and Leaders

As a parent of a child diagnosed with diabetes, navigating the educational system can be difficult without the right tools and understanding. Parents must communicate with their child's teacher and school administrators to ensure their child's safety, health, and learning. By following these suggestions, parents can ensure their child receives the best and most tailored care while in school.

### Build a Relationship

Strong communication and trust are essential to a child's health. The first step in communication with the teacher of a diabetic child is to build a positive and collaborative relationship. The relationship can be established through in-person or online meetings or brief conversations during Parent-Teacher-Student (PTS) conferences. Invite the teacher(s) to attend diabetes care plan team meetings and personally introduce yourself as a vital resource for diabetes care. Make sure to tell teachers that you would like to work collaboratively for your child's benefit.

### Provide Information

Provide the teacher with as much information about your child's diabetes care as possible. The information should include a written, personalized care plan drafted by the treating clinic or health care provider. This plan should outline specific health management details, medical assessments, and emergency arrangements for treating the child's diabetes during the school day. The plan should also include educational materials about diabetes, insulin, and its use, hyperglycemia (high blood glucose (sugar) level, and hypoglycemia (low blood glucose (sugar) level).

### Request Accommodations

Parents of a diabetic child should proactively discuss the specific accommodations or modifications needed to ensure the health and safety of their child. Some states have laws that require schools to provide accommodations to diabetic students so they may successfully participate in school activities. Ask the teacher which activities might be dangerous or overwhelming and how the teacher can help to reduce risks. Also, discuss any needed accommodations for physical activities, such as adjustments to playtime or added rest and hydration breaks.

### Follow Through

Success in school for a diabetic child depends on good communication between parents, teachers, and medical staff. Having a solid relationship and offering as much information to the teacher as possible will ensure the best possible outcome for the diabetic child.

### References

- Link, J., Blashill, J., & Kohler, J. (2015). Diabetes in the School Setting. National Association of School Nurses, 5–11.
- Denzer, C. (2013). Teaching Children With Diabetes: What Parents Can Do to Help. International Diabetes Center, 1–2.
- Thompson, V. (2017). Diabetes Care for Kids: Work with Your Child's School. American Diabetes Association, 1–4.

\*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.