

Since your child spends just as much time at school than at home, it's important to partner with your school to ensure your child receives great diabetes care. Whether your child is newly diagnosed with type 1 diabetes or it's the start of a new school year, here are some things you can do to start working together.

Request a meeting - After diagnosis, contact the administration to setup a meeting.

Explain that your child has been diagnosed with type 1 diabetes and that you will need to meet with the school nurse (or person who will be in charge of your child's care) to talk through specifics. Decide when and where blood sugars will be checked, who will deliver insulin, handling of supplies, etc.

Figure out a communication plan - How will you and the nurse communicate about your child's diabetes? If newly diagnosed, are you checking in daily, weekly? How will you communicate changes that need to take place in your child's care?

Meet with your child's teachers - You can work with the nurse to arrange a meeting with anyone who comes in contact with your child on a regular basis. At that meeting, you can explain what diabetes is, how it may affect your child in class, and signs of low and high blood sugar. If it's ok with your child, you may want to volunteer to do a "show and tell" session with his or her class to explain diabetes and answer questions other students may have.

Setup the 504 Plan or IEP - work with the school to put in writing the accommodations that will be made for your child.

Hopefully, you can develop a working partnership with your school; However, sometimes challenges arise. Visit the ADA's site to learn about your [legal rights](#) and [strategies for resolving problems](#) if needed.

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[School Forms](#)

[School Accommodations](#)

[Working with the Nurse](#)

[Dealing with Peers](#)

[Halloween, Holidays, and Parties](#)

Sources

[COVID-19 Recommendations - ADA](#)

[Safe at School Program — ADA](#)

[Safe at School Guide - ADA](#)

[Continuous Glucose Monitors at School - ADA](#)

[School Advisory Kit — JDRF](#)

[Helping the Student with Diabetes Succeed: A Guide for School Personnel — NIDDK](#)
