Breakthrough T1D®
Formerly JDRF

Checklist for Going Back to School with T1D

School preparedness requires paperwork, special planning, and many conversations with teachers, school nurses, and other students. Use this checklist to help your child manage type 1 diabetes (T1D) in the classroom with confidence.

Communication and Preparation are Key

Prior to your child going back to school, meet with your child's school diabetes care team (school nurse, administration personnel, teachers, coaches, etc.) to review the care plan and answer any questions.

Be sure to address diabetes-related technology (continuous glucose monitors, cell phones, and insulin pumps) in the classroom and establish a communication protocol to ensure you have daily insight into your child's blood sugar levels and insulin dosages.

Decide with your child's school diabetes care team about how you will communicate with them during meals and snack times. Plan in advance for meals by requesting nutritional information and carbohydrate counts in order to calculate your child's insulin dosage. Direction should also be given for when food is provided during school parties and other activities.

If your school does not have a designated full-time nurse in the building, work with school administration to *identify faculty and staff that can be trained in T1D care.*

UNDERSTANDING TYPE 1 DIABETES is an educational video to help friends, teachers, and caregivers understand what your child experiences every day. Share the video and help them feel informed, confident, and ready to support.

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

Find additional help and resources at **BreakthroughT1D.org/school**.

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T1D School Supplies Checklist

Continuous Glucose Monitor (CGM) and pump supplies

Glucose meter, lancing device, lancets, and blood sugar test strips

Extra batteries or charging cord if needed

Insulin and syringes or insulin pen and needles

Low blood sugar supplies (glucose tabs, gels, fruit snacks, etc.)

Glucagon

Ketone testing supplies

Index card with phone numbers of important contacts

Container to hold everything

Be sure to include plenty of extras and set up a system with teachers and other staff to alert you when supplies or snacks forlows need to be replenished.

Documentation Checklist

Diabetes Medical Management Plan (DMMP) from your child's endocrinologist which contains the medical orders that are the basis for your child's T1D and education plans at school.

Individualized Healthcare Plan (IHP) for your child based on the DMMP. An IHP can include information about their diabetes care at school, when and how often to check their blood sugar, how to treat low and high blood sugars, and administering insulin.

Emergency Care Plan for Hypoglycemia and Hyperglycemia, based on the DMMP, which summarizes how to recognize and treat hypoglycemia and hyperglycemia and whom to contact for help. The plan should be distributed to all school personnel who have responsibility for your child during the school day and during school-sponsored activities.

504 Plan, completed in partnership with your school diabetes care team, which provides information/ details for diabetes treatment and education-related accommodations.