

Diabetes management at school

Daily management of diabetes in students places many physical and psychological demands on families. Support from schools, camps, healthcare teams, advocacy groups, and peers can help ease this stress and create a more favorable environment for successful treatment and school success.

The goal should be a gradual movement toward independence in management throughout the adolescent and teen years. The EASD believes this is best achieved by setting reasonable limits within a supportive, caring environment.

All parents of children with diabetes should visit their child's school to discuss specific needs with teachers, the principal, and the school nurse. A plan shall be made that indicates the treatment plan, snack schedules, where treatments supplies are kept, and they students symptoms and treatment of hypo- and hyperglycemia. It is never appropriate to make the child responsible for informing and educating the school.

Resources:

Names of local registered dieticians that can help with dietary education can be obtained by calling the American Dietetic association at 1-800-366-1655

"Helping the Student with Diabetes Succeed: A Guide for School Personnel"
(www.ndep.nih.gov/resources/school.htm)

"The Law, Schools, and Your Child with Diabetes," sponsored by Children with Diabetes (www.childrenwithdiabetes.com)

"Care of Children with Diabetes in the School and Day Care Setting," at
(www.care.diabetesjournals.org)