



For All Parents/Caregivers

- Make sure required and recommended immunizations are up-to-date including an annual flu vaccine.
- Review hygiene tips to prevent the spread of infections.
- Establish a bedtime and wake-up time to ensure adequate and consistent sleep.
- Develop a routine for homework and after-school activities.
- Eat breakfast each day at home or at school.
- Help make appropriate clothing choices, e.g., wear comfortable and safe shoes.
- Keep an open line of communication with your child to ensure that he/she remains safe at school. If a concern arises, e.g., bullying, contact the appropriate school officials immediately.
- Get involved! Sign up for the parent organization (PTA/PTO), school Wellness Committee, and mark events such as back-to-school night and parent/teacher meetings on your calendar.
- Ask about the school or district's wellness policy, e.g., how are nutrition, activity, stress and/or mental health concerns addressed?
- Know the specialized instructional support personnel available to your child including the school nurse and school counselor.
- Know your school's policy regarding when to keep a sick child home and make arrangements for sick child care.

If Your Student Has a Health Concern

- Make your child's health concern known to the school and school nurse.
- Bring current, signed healthcare provider orders for treatments and all medications to be given at school. Bring the medical supplies and medication in the original container.
- Together with the school nurse and other appropriate school officials, develop an individualized healthcare plan or other educational plan as needed, e.g., 504 and IEP.
- Give permission for the school nurse to communicate with your family's healthcare provider.
- Provide parent/caregiver contact information and update the school with any changes.
- Ask if non-nurses will be providing care and how these authorized individuals will be supervised, e.g., verify who will administer medication.
- Confirm the school's disaster and/or emergency plan. Make sure your child's medication and/or medical devices, e.g., epinephrine auto-injectors, asthma inhalers, and insulin, will be readily available in an emergency.
- Let the school know how important it is to have a full-time registered school nurse in the building all day, every day.
- Introduce yourself and your child to the school nurse. Your school nurse is _____

National Association of School Nurses

1100 Wayne Avenue Suite 925
 Silver Spring, Maryland 20910
www.nasn.org

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