



## *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**

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