



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.
- 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.
- Introduce yourself and your child to the school nurse. Your school nurse is Jennifer Taylor, RN and Kristine McCarthy, LPN.

National Association of School Nurses
 1100 Wayne Avenue Suite 925
 Silver Spring, Maryland 20910 www.nasn.org

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