



GUIDELINES FOR SCHOOL

Remember it is your decision who you let know about your child's disease. In situations such as school, even if you do not want any special arrangements made for your child, it may help to decrease your stress to at least know that options are available to you. School is another area of your life that will require planning ahead and organization, your two best allies when dealing with the stresses of IBD.

- + Make sure the nurse's office is informed of any and all medications your child takes
- + Inform the school if there needs to be any special provisions for field trips, classroom or testing environment
- + Make sure teachers know how important it is for other parents to keep "sick students" home due to medication your child is taking that may lower your child's immune system
- + Consider asking your school to put together a 504 Plan, which will allow for special accommodations for a child dealing with a disability (sample 504 is included)

INFORMATION YOU MIGHT DISCUSS WITH SCHOOL PERSONNEL

- + Facts about your disease
- + Factors that make your condition worse
- + Possible urgent need to use the bathroom
- + Eating patterns that aid symptoms or how they change during flares
- + Medication effects or dosing during school hours
- + Ways to minimize embarrassment surrounding symptoms or medications
- + Absence policies or other school accommodations

IMPORTANT NUMBERS	