

10 Things School Nurses Want You to Know

School nurses recommend that you follow these tips in order to make transition times easier and healthier for your family

- 1 KEEP HEALTH RECORDS ON HAND:** Store copies of recent physicals and immunizations with your important papers. If that is not possible, have a list of phone and fax numbers of the previous medical offices on hand if you need to contact medical offices for additional information.
- 2 REACH OUT YOUR CHILD'S NEW SCHOOL:** Before the move, contact the new school by phone or via their website to become familiar with the required forms. Share these forms with your current primary-care provider to see if your child needs updated immunizations, a TB skin test, and/or a physical.
- 3 SHARE EDUCATION RECORDS:** Some children have formal health and education plans specific to their needs such as Individualized Health Plans, Individualized Education Plans and 504 accommodations. Sharing this information helps ensure that your child's learning needs are met.
- 4 DON'T FORGET THE SPORTS PHYSICAL:** Many states require separate physical exam forms to be completed for sports. It can be difficult to find a new primary-care provider and get an appointment in a timely manner in order for your student to participate in a sport. Being prepared before hand will help expedite the rush to get a sports physical.
- 5 COMPLETE AN EMERGENCY HEALTH CARD:** Make sure you answer questions honestly and share pertinent information: allergies, chronic illness, medication, past significant history, concerns due to transition, etc. This is a great opportunity to request a meeting with the school nurse to discuss concerns.
- 6 GET SUPPORT:** Ask about support groups for you and your child that might be offered in the school to assist in the transition. The school may have a variety of after school clubs or programs to help your child feel connected.
- 7 VOLUNTEER AND JOIN:** A great way for the parent to get to know the school community is by joining the PTA or PTO or volunteer in the school. This will also give you a chance to meet new people. If your child sees you reaching out to the new community, they might be apt to open up and join new clubs and groups.
- 8 LOOK TO THE COMMUNITY:** Take advantage of community organizations to help in transition. The YMCA, Scouting clubs, Boys & Girl Clubs, and faith-based programs provide positive and safe places to meet new kids.
- 9 ALLOW YOUR CHILD TIME TO ADJUST:** Transitions provide new opportunities, but also losses for your child. Allow your child time to say goodbye and time to grieve for the home and friends they may be leaving behind. Help your child collect mailing addresses. Be sure to get to know new friends your child makes as he or she adjusts to the new community.
- 10 TALK TO YOUR SCHOOL NURSE:** The school nurse is an excellent resource you can utilize for direction and guidance. Communication will help your child have healthy and successful school year. If you have a question, just ask it!