

# Handy tips for your child starting primary school

## (for parents)

Research has shown that children have better academic and social outcomes when their parents and teachers work together. Establishing a good collaborative relationship with a child's school community is even more imperative when you have a child with a condition such as cystic fibrosis (CF).

### Handy tips:

- At the beginning of the year, have an individual meeting with the classroom teacher and if possible your child's extracurricular teachers (music etc.). Give them a list of the main things you want them to know in regards to your child's health needs.
- Inform your child's teacher about the website CFSmart ([cfsmart.org](http://cfsmart.org)) and the CF hospital teacher days at RCH and Monash.
- Download a "student support health plan for cystic fibrosis" off the CFSmart website and give it to your child's classroom teacher so that the teacher can best manage your child's CF at school.
- Pack your child's lunchbox with separate compartments for each meal with the required enzymes or salt tablets. You could even use little sticky labels on the food items to indicate to your child how many enzymes are required for that snack.



- Mark your child's water bottle so they know how much water they should've consumed by certain times of the day.
- Leave a tub in the classroom with hydralyte icypoles, salt solution and salty snacks incase your child needs them.
- Speak to school staff about the possibility of sending home a note to all parents about germs at school. There is a sample letter on the CFSmart website.
- Get a copy of CFSmart's 'Have you washed your hands?' poster to be placed in the classroom and encourage the classroom teacher to have a lesson on handwashing with all the students.
- Make yourself known to the school office staff so that they know who to contact if your child is unwell.

**[www.cfsmart.org](http://www.cfsmart.org)**

**for more information:**

**P:** (03) 9686 1811

**E:** [education@cfcc.org.au](mailto:education@cfcc.org.au)