

Pointers For Parents

School Health Planning Tips

(NAPSA)—Parents can do more than they may realize to assure that their child's health needs are met at school.

"The school year is exciting but also stressful for parents and children, especially for those affected by illness," said Rite Aid Pharmacist Sarah Matunis, R.Ph. "By planning ahead, parents can alleviate some of this stress and feel comfortable that their child's health needs will be properly attended to throughout the school year."

Planning Tips:

Create an Action Plan. It's important that your child's health needs be identified and communicated. If your child has a health condition, take the time to detail in writing what others need to know—consider this your Action Plan. You may want to ask your doctor or pharmacist for assistance. Rite Aid pharmacists can help you to be sure to consider all possible scenarios while your child is at school—indoors, outdoors and field trips. This plan should include:

- Description of all health problems or conditions
- Medicines used to treat symptoms
- List of things that may make symptoms worse and how best to respond
- List of any restrictions on activities
- Emergency telephone numbers for three people and your child's physician.

Meet with school staff. Arrange for a meeting to thoroughly review the Action Plan with school staff and create a team before school begins. Your child also can be involved.



- Explain your child's condition, what symptoms to be aware of, how to treat and any medications that may be prescribed.

- Let your child know to whom to go for help and where the medications are kept. If your child has a chronic condition like diabetes or asthma, and needs to take medication during school hours, it's important to discuss your child's medical history.

- Plan a timetable for your child to take their medication and set up a reminder system so they won't forget.

Special School Supplies. Keep an adequate supply of any medicines at school. Make sure the medicine is properly labeled and has not passed its expiration date.

Keep in touch. Continue talking with your child and school staff about your child's health needs on a regular basis, even if everything is fine.

"Take the time now to plan. By doing so, you can ensure a healthy and successful school year for your child," added Matunis.

For more back-to-school advice, visit your nearest Rite Aid store or www.riteaid.com.