



Your Loyal 24/7 Health Partner

BUILDING YOUR BACK-TO-SCHOOL SUPPORT SYSTEM



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For parents with children experiencing bleeding disorders, educating your child's school nurse, teacher and staff is vital to the child's well-being. They need to know how to work best as a team and support injuries or bleeding incidents. At the beginning of the school year, a refresher conversation is always a good idea, even if you have been at the same school for years.

To help parents navigate this journey, here is some valuable advice to ensure a smooth and successful transition for elementary and high-school children.

PREPARING NURSES AND MEDICAL STAFF

Be patient as you educate the school nurse and medical staff about your child's bleeding disorder, its symptoms and the appropriate steps to take in case of a bleed or an emergency. Because of the rarity of the disease, many medical professionals may not have been trained or experienced incidents before.

Provide clear instructions for administering clotting factor treatments and other necessary medications. You may even want to take a video with your phone and share it with them, so they always have a reference to work from.

Produce an emergency contact form with your contact number and the child's healthcare provider. Ensure the nurse knows the steps to take when immediate medical attention is required.

Develop a detailed hemophilia management plan in collaboration with the child's healthcare team. Share it with the school nurse, including instructions on managing physical activities and preventing potential injuries.

EDUCATING TEACHERS

While the teacher will have dozens of children in the classroom to manage, it's valuable to schedule an in-person meeting with your child's teachers to discuss their condition and specific needs. Inform them of how your child reacts in different scenarios so they can recognize any warning signs.

Have the teacher describe their typical schedule of the day so you can point out any concerns. Provide information on any limitations or restrictions in physical education classes or during extracurricular activities. Suggest alternative tasks that the child can participate in to ensure they feel included.

At the same time, explain that your child doesn't want to be treated differently. Give informative yet casual talking points if a fellow student questions, gets scared or taunts your child.

Encourage teachers to be vigilant about potential signs of a bleed, such as frequent trips to the restroom or excessive bruising, and notify the school nurse immediately if any concerns arise.

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collaborate
with you
24 hours a day,
365 days a year



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COMMUNICATING WITH SCHOOL STAFF

Take the time to inform administrators, counselors and playground supervisors. Stress the importance of maintaining confidentiality to avoid any unintended reactions.

Share the child's individualized healthcare plan (IHP) with relevant staff to ensure they understand the necessary precautions and treatments to keep the child safe.

Encourage staff to promote a supportive and inclusive environment, fostering empathy and understanding among students about bleeding disorder conditions.

NORMALIZING SCHOOL

Encourage open communication with your child about their bleeding disorder. Emphasize that it is a manageable condition and empower them to take an active role in their healthcare.

Advocate for your child's participation in age-appropriate activities, both inside and outside of school, while ensuring that their safety and well-being remain a priority.

You might consider hosting an educational session or inviting healthcare professionals to school to teach the students about bleeding disorders. Or share a virtual session dispelling any misconceptions while promoting empathy and acceptance.

COMMUNICATING WITH PARENTS OF CHILDREN'S FRIENDS

Reach out to parents of your child's friends and educate them about their condition. It's important to explain that their disease does not need to define their child's abilities or potential.

Provide resources and information to parents on how they can support their child in being a good friend and advocate for inclusivity and understanding.

Encourage open dialogue among parents so they can address any concerns or questions about their child's interactions with the child with hemophilia.

By arming your support team with necessary knowledge, and fostering a supportive and inclusive environment, parents can ensure their child feels safe, accepted and empowered to thrive in their academic journey. Your Fidelis team or local National Hemophilia Foundation (NHF) chapter can also help. With the right approach, kids can experience a fulfilling and enriching school experience.



PARENT STORIES

"My son's hematologist was very encouraging in letting me know that technology and treatments have come a long way. She also offered to speak to my family and my son's teacher. That's what really turned them around. By being educated, they became much more supportive of my son and my family."

"I've taught my son from a very early age to own the fact that he has bleeding disorder. We embrace any opportunity to educate others. I tell him that he should be empowered by it. I know some people are more private, but that has helped my son be more aware of things that he shouldn't do and know what he can do safely. It's all about being aware and building confidence."



"I created a binder for my child's school that I gave to the school nurse and the teacher. It has a picture of my son, his name, date of birth and very specific steps to follow in case of an emergency. I also have a video on my son's phone so anyone can watch it if there is an urgent situation and know what to do."

504 PLAN & IEPs

We encourage you to look into the 504 Plan and Individualized Education Programs (IEPs). These federal laws assist kindergarten through 12th-grade school children with special needs or disabilities. These policies give all students a chance to succeed. Kids with bleeding disorders may have challenges keeping up with school or activities.

These plans ensure that:

- Physical education modifications can be made.
- Excused or late absences due to medical appointments can be given.
- Preapproved nurse visits and even a safe place to store factor can be offered.

If you need an advocate, call your Fidelis team. We are here to help.

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