



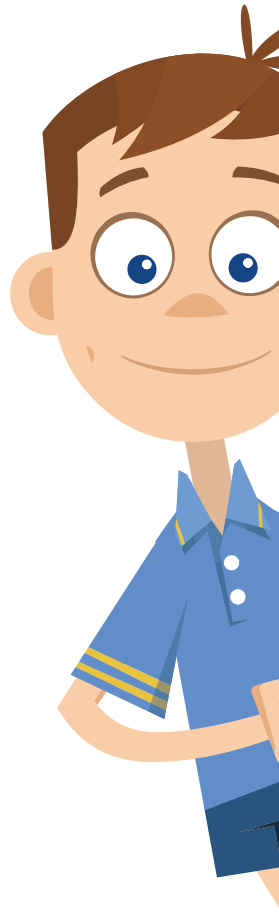
**This booklet belongs to:**

.....

**Draw pictures or take some photos and glue into the booklet, to show the things you will do when you start school.**

## **Here are some more tips for getting your child ready for school:**

- 1.** Practice having lunch or recess with your child at home or in a park with the lunch packed in a lunch box as you would for school.
- 2.** Talk about what might happen at school in regards to your child taking enzymes.
- 3.** Take your child to visit the school to see the classroom and play areas.
- 4.** Discuss hand washing and practice at home with your child.
- 5.** Discuss and practice what the school routine might be e.g. getting up and doing physio, then getting dressed for school then packing school bag etc.
- 6.** Not all children are able to swallow their enzymes by the time they start kindergarten so don't worry too much. Just ensure their teachers understand the details about how much apple puree is required, when and why.



**Before I go to school I will need  
to do the following things  
(☑ tick the things for you):**

- ☐ my physio.
- ☐ take my tablets.
- ☐ eat up all my breakfast.
- ☐ get washed and dressed.
- ☐ pack my school bag.

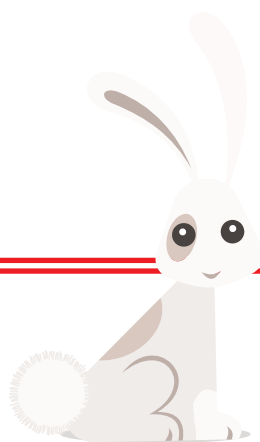


These are the things I need to  
pack in my bag  
(☒ tick the things for you):

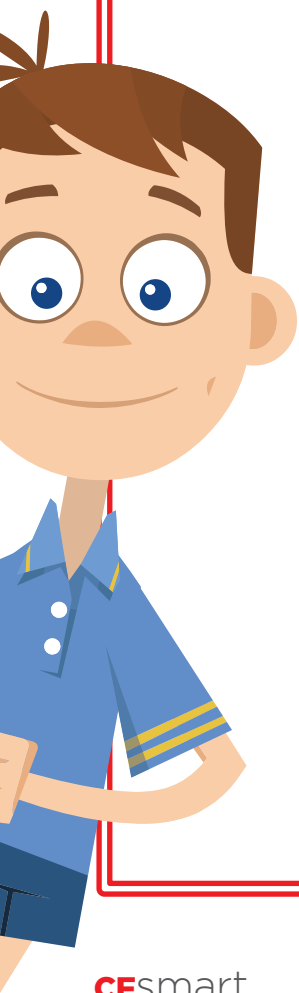
- ☐ lunchbox.
- ☐ water bottle.
- ☐ spare set of clothes.
- ☐ salt tablets, enzymes.
- ☐ .....



At school I will meet new friends,  
play in the playground and learn  
all sorts of things.



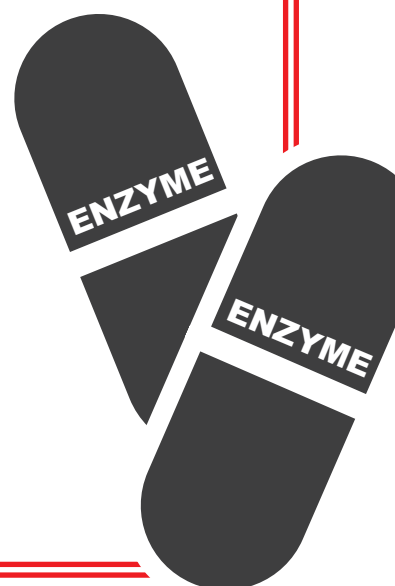
Here are the places where  
I will eat my recess and lunch.



This is where the toilets are. The teacher  
will let me go when I need to.



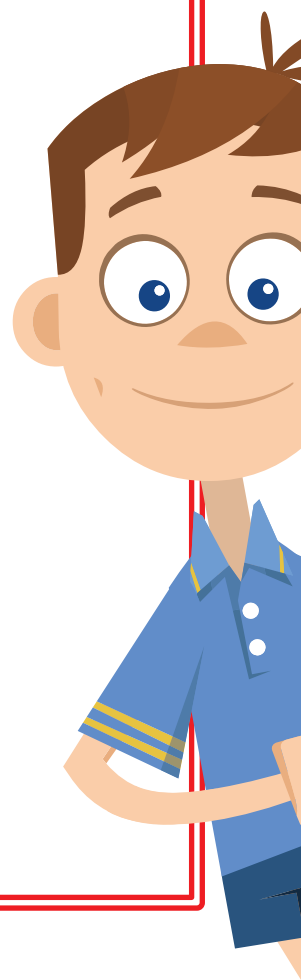
This is how I will take my enzymes.



This is what my lunchbox will look like. I am eating lunch with my friends.



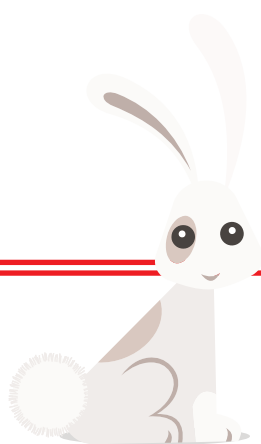
This is me drinking water and taking  
salt tablets, especially when it's hot  
or if I'm doing lot's of exercise



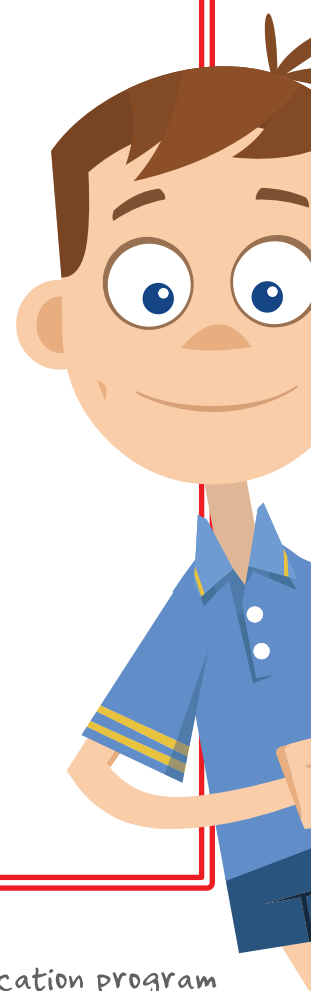
This is me washing my hands after I have been to the toilet, before I eat and after I play outside in the playground.



If I am not sure about something,  
I can ask my teacher to help me.



If other children ask about my CF,  
this is what I can tell them:

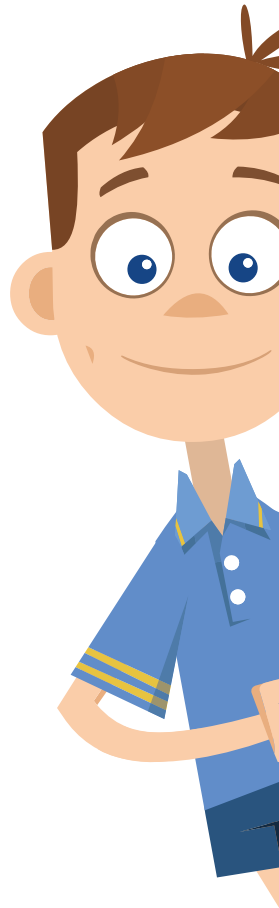


This is me going home after a busy  
and fun day at school.



## Things to consider when your child starts school:

1. If you are still choosing a school, it is worth finding out the following:
  - Does the school have soap and paper towels or hand dryers available in all the toilets from kindergarten up to primary or high school?
  - What is the school policy on infection control? Are children who come to school unwell, sent home or taken to the sick bay and their parents called? Are parents reminded on a regular basis about this?
  - How willing is the principal/deputy to learn about Cystic Fibrosis (CF) and for the staff to learn about CF?
2. Build a good relationship with a key person at your child's school such as the principal, deputy or school nurse, as they will be the main contact person to discuss your child's specific needs.
3. If possible, try to make contact with the school before your child starts, in order to provide them with information and education about CF and what your child's needs are. Educating the school about CF is usually ongoing. The CF organisation in your state might be able to provide your child's school with education or in some states the CF clinic runs professional development for teachers about CF. Teacher guides are also available on **[www.cfsmart.org](http://www.cfsmart.org)**
4. You will need to fill out a medical form, usually on an annual basis which details the medication your child needs. See a sample form on **<https://cfsmart.files.wordpress.com/2014/02/student-health-support-plan-for-cf.pdf>**
5. The first couple of years of a child with CF being at school can be daunting for parents, but your child will have a great time, make new friends and learn lots.
6. The best thing you can do is communicate regularly with the school, be clear about your child's needs, be realistic about what the teacher can do and teach your child good hygiene practices.





Visit the CF Smart website for other resources and information about CF for teachers, parents and students.

**CF**smart  
cystic fibrosis education program

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

Cystic Fibrosis Australia 2016