

Starting School with CF

Starting school can be an exciting and daunting time for parents, particularly when your child has CF. However, school is an important part of your child's life and CF can be well managed with a supportive school.

Choosing a School

Choosing a school is a personal decision with many factors to consider for each family. Some questions to ask may be:

- Are there any other children with CF enrolled at the school? Multiple children with CF in a school can be managed with good cross infection strategies.
- Are they supportive and open to learning about CF?
- Do they have a good approach to hand hygiene and illness policy.

Educating the School

Educating relevant staff about CF is important so they understand the needs of your child at school. It will be an ongoing process and will need to be revisited with changes to your child's treatment plan or changes in staff.

Relevant staff should have a good understanding of:

- Medications required at school
- Dietary requirements
- Bowel issues/toilet needs
- Infection prevention and control
- Dehydration

The CFSmart Program has resources for teachers including [free online eLearning modules](#) and factsheets. CFWA can also work with parents to provide a [CF Action](#)



[Plan](#) to detail your child's symptoms, required medications and dietary needs at school. Contact us to complete a personalised plan for your child.

Getting Ready for School

Talk to your child about the daily school routine and practice what they will be doing on a school day e.g. getting up, doing physio, getting dressed, packing school bag.

Other ways you can help prepare your child are to:

- Practice having recess or lunch at home with their lunch packed in a lunch box as you would for school.
- Talk about where their enzymes will be e.g. in their lunch box/with their teacher (if applicable).
- Teach your child about the important of good hand hygiene at school.
- Practice learning to swallow tablets. It might make life easier if they can do this by the time they go to school.

More Information

For more information about how we can support your child at school please contact our Education Coordinator at education@cfwa.org.au.

Useful Resources

- [CFSmart \(CF School Education Program\)](#)
- [I Am Starting School This Year- Interactive Child Booklet \(CFSmart\)](#)
- [CFWA School & Community Education](#)

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