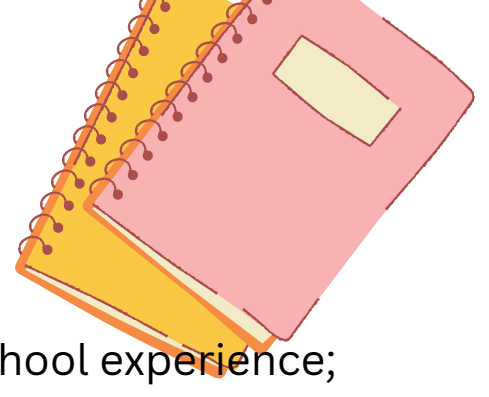


Parents



PREPARATION IS KEY

It is important to prepare your child for the school experience; teach him or her the importance of self-advocacy and clear and concise communication relating to their bleeding disorder.

Understand that the teacher will NOT be an expert in bleeding disorders, and your child may be their first experience with bleeding disorders in the classroom.

BE PRO-ACTIVE

Take a pro-active approach to educating your child's teacher about bleeding disorders, but try not to overwhelm them. Of course, you want the teacher to have as much information as possible but, remember, you didn't learn everything about bleeding disorders all in one day, right?

Take it a little at a time and be available when the teacher asks for more information. Your worries as a parent decrease, significantly, if you know the teacher feels comfortable in calling you with any questions.

Here are a few steps for you to take in preparation for sending your child to school:





1) Make sure to disclose to the school that your child has a bleeding disorder

Starting at Kindergarten registration, make sure it is written in your child's file. If there is no space provided on the registration form for this information – create a space. Write MY CHILD HAS A BLEEDING DISORDER and include the bleeding disorder type and severity.

After receiving this information, the school nurse will contact you to create an **Individual Health Plan (IHP)**. An IHP provides instructions to school personnel for meeting your child's basic health care needs, especially in the case of an emergency. If you do not receive a call from the school nurse, be sure to ask the school's administrator to connect you.

Once the IHP is created, the nurse will go over it with your child's teacher. The IHP will, then, be included your child's permanent school records and will move with them from grade to grade. Be sure to connect with the school, from year to year, to confirm the IHP is still accurate.



If your child needs further support, you may request that a **Section 504 Plan** be created. Section 504 is a federal law designed to protect the rights of individuals with disabilities while in school. It is a legally binding document, whereas an IHP is more if a general outline of care.

Contact your school's principal to request a Section 504 Plan for your child. The principal will assign an administrator to work with you in developing the plan. (Many school districts have a designated 504 Plan coordinator). Once completed, this plan will, also, be included in your child's school record.



Things to Consider Including In Your Child's Section 504 Plan:

- Availability of medical equipment: wheelchair, crutches, etc.
- Wheelchair access.
- A place to store factor and needles while at school.
- Extra accommodations that your child might need during the day (more time needed to get from class to class, help carrying books, use of the school elevator...)
- Alternative plans for physical activities, gym class, etc.
- Home tutor if bleeds cause excessive absences.
- Field trips to include a parent or nurse.
- Opportunity to make-up missed assignments.
- Grades that do not reflect late work or absences due to bleeds.



As your child moves to the next grade, be sure contact the school to make any needed changes or updates to the plan.

2) Write a letter or send an email to the teacher, introducing your child.

Be sure to provide some very basic information about bleeding disorders. You can, also, include things your child enjoys doing, what your child looks forward to this school year, their strengths and accomplishments, etc. Be sure to include your contact information and let the teacher know they are welcome to contact you, at any time, if they have questions or concerns.

The more your teacher knows about your child, the more comfortable they will be in learning about their bleeding disorder.

It is best if the letter is no longer than one side of a standard 8 1/2 x 11 sheet of paper.

[Example of a letter of introduction](#)

[Introduction Letter Template](#)





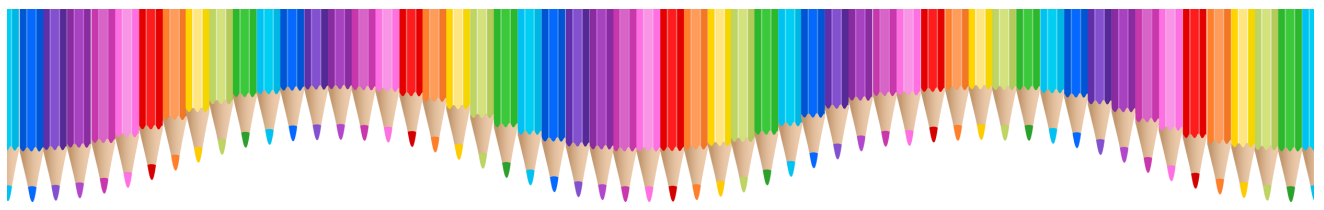
3) Offer to meet with your child's teacher to provide more information.

Teachers' schedules fill up quickly as they prepare for the new school year. The first interaction you have with your child's teacher may not be until the first day of school. No need to worry! If your child has been attending the same school, the teacher will, most likely, already be aware of your child's bleeding disorder. You can, however, offer to provide more specific information to support what the teacher may, already, know about your child.

If the teacher agrees, set up an appointment to meet at a time that is convenient for both of you (and bring your child with you).

Take the time to gather all of your resources and go into the meeting with confidence and a smile. Be careful not to overwhelm the teacher with TOO MUCH information. Let the teacher know you are always available to answer questions and provide guidance whenever it is needed.

[Back to School Power Point presentations: K-5; 6-12](#)



Other Parent Resources

OTHER BLEEDING DISORDERS RESOURCES

Discover more about hemophilia, how to connect with others, and what financial support may be available to you.

[Bleeding disorders resources](#)

[Bleeding Disorders “Life Hacks”](#)

BULLYING

Kids don't like to talk about it but, unfortunately, bullying can be part of your child's school experience. Your child may have, already, experienced some form of bullying as a result of their bruising and bleeding. Educating your child's classmates about bleeding disorders may be a helpful, pro-active approach to prevent bullying before it starts.

[Bullied for Bruising](#)

STOMP Out the Bullying is the leading national nonprofit dedicated to changing the culture for all students. This organization works to reduce and prevent bullying, cyberbullying and other digital abuse, as well as teaching effective solutions on how to respond to bullying.

[Stomp Out Bullying](#)

FOR MORE INFORMATION



Utah Hemophilia Foundation
772 East 3300 South, Suite 205
Salt Lake City, UT 84106
801-484-0325
www.hemophiliautah.org



Utah Center for Bleeding & Clotting Disorders
Pediatric Clinic - Primary Children's Hospital
801-662-4700
penni.smith@imail.org



National bleeding disorders resources:



Hemophilia Federation of America
999 N Capitol Street NE, Suite 301
Washington, D.C. 20002
(202) 675-6984
www.hemophiliafed.org



National Bleeding Disorders Foundation
7 Penn Plaza Suite 1204,
New York, NY 10001
(212) 328-3700
www.hemophilia.org

For more information on student and parent rights in the classroom, please contact:



UTAH PARENT CENTER
5296 S Commerce Drive, Suite 302
Murray, UT 84107
(801) 272-1051
(801) 272-1067- Español



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