



## TIPS FOR PARENTS:

### How to Develop a Plan for Managing Pain at School

- 1. Request a school meeting in writing.** When pain starts to interfere with school, it's VERY helpful to have a school meeting to come up with a plan for addressing these problems.
- 2. Ask that several school staff attend the meeting.** This may include a guidance counselor, principal or vice principal, one or more teachers, and a school nurse. If you have an older adolescent, it may also be helpful to include him or her in the meeting. Even if a child doesn't attend the meeting, he or she can share their thoughts ahead of time so they are included in the process.
- 3. Bring written information from a child's providers.** This information should document a diagnosis or pain problem and provide some suggestions for school accommodations.
- 4. Parents should come prepared to lead the meeting.** At the same time, it's very important for parents to remain open to compromise and demonstrate a willingness to give new ideas a try.
- 5. Provide permission for school staff to contact a child's medical and/or psychological providers.** This helps to foster a trusting relationship with the school, and can also be useful for problem solving any difficulties that may come up.