

Talking About Your UCD at School

Complete this worksheet with your child to help him or her practice what to say and do when tough questions or situations come up at school.

1

If someone asks why you have special food or why you can't always play at recess, what would you say?

2

If someone asks you to trade food during snack or lunchtime, what would you say?

If he or she keeps telling you it's okay, even though you know it isn't, what would you do?

3

If a teacher or someone who works in the cafeteria gives you something you know you shouldn't eat, what would you do?

4 If you have a substitute teacher, especially at gym or recess, who tells you that you have to do something you know isn't safe for you, what would you say?

What would you do?

5 If you're not feeling well, or need to take your medicine and the regular school nurse isn't there, what would you tell the substitute nurse about your UCD?

What do you think are the most important things for him or her to know about you?

6 What are the most important things you have to do to stay healthy at school?

7 What is something that's hard for you at school that I might not know about?

How can I help?

How can your teacher or friends help?

8 What's something special and unique about you that you like to tell people when they ask about your UCD?
