

# BACK TO SCHOOL

## WITH TRIO

They say that your school years can be the best or worst years of your life, and going through school with a stoma can sometimes make things a little harder. But the right support for both you and your child can make a big difference.

Starting school or moving from primary to secondary school is always a difficult time for both children and their parents, and this can be especially difficult if your child has a stoma. Preparation and discussion with the school is key, as well as talking to other parents who have been through similar experiences. The Breakaway Foundation is a great source of support and information and they can put families in contact with others who have had similar experiences.

It is worth having an early conversation with the school SENCO (the special educational needs coordinator) to discuss what help your child will need. The SENCO and your child's stoma care nurse (SCN) can help you draw up a care plan. Some parents have found it helpful to do a step-by-step photographic record of how to do a bag change. Your child's SCN may also be able to come into school to talk to your child's teachers and teach them, or the teaching assistants, how to empty and change your child's stoma bag.

If your child needs to have stoma surgery while in education then talk to the school about arranging for work to be sent home while your child is recovering. The school can also arrange for your child to have a phased return back into the normal school day, in a similar way to adults having a phased return to work. Some children and young people do decide to tell a close friend at school about their stoma, but it is their choice and many don't tell anyone. It is important to remember that once you have told someone it can't be taken back, and while children at primary school can be very accepting of differences, that can change when they move to secondary school.

Guidance is available online that sets out what schools in England, Northern Ireland, Scotland and Wales need to do to support children with additional medical needs.

Trio Silex® soft silicone flange extenders can give your child extra security at school, particularly when running around and playing. They are designed to ensure that the edges of the base plate or flange do not lift, but instead are kept securely in place, leading to longer wear time and peace of mind.

If your child is old enough then try to encourage them to start to learn to empty it themselves, as this can give them some much needed independence. This will also help them when they make the transition to secondary school where they will be expected to be more self-sufficient with their medical care.



Trio Silex™

### TRIO'S TOP-TIP

Give the school nurse a kit with spare clothes, wipes and pre-cut pouches in case your child has more than one leak.



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FOR YOUR  
FREE SAMPLE**