

# USEFUL ADVICE FOR SCHOOL CHILDREN

Our daughter is 12 years old and joined the local Secondary School in September 2007. She has X-linked Hypohydrotic Ectodermal Dysplasia and severe eczema and is often very uncomfortable.

We had meetings with the school staff before she joined to explain about her condition and share information. I have since met frequently with the SENCO at the school and gave a talk to all the staff who worked with her. I found this very useful as the staff were full of practical questions about how they could help Megan manage her condition in their classes. The school is often extremely warm and she has worn a cool vest, which the ED Society very kindly found for us. The vest is helpful, but there have been occasions when she just gets too hot and uncomfortable. She easily overheats as she has faulty sweat glands. The school has provided her with a small card which is available to many children for many different reasons. It simply and clearly states that the child may need to leave the room urgently. If she is feeling poorly or uncomfortable she only has to show the teacher the card and she may leave. I feel this has been very useful as it allows her and other children to leave with the minimum of fuss. A designated space and staff are allocated to then deal with the child's needs. In her case, this is a cool area in the school. I have included the wording below if anyone else feels this would be beneficial to their children in school. Especially useful when Supply staff are unaware of an individual child's needs. Her card is about the size of a credit card and green in colour.

## MEDICAL CARD

Name:

This person may need to leave  
the room urgently to cool down.

Please allow him/her to do so.

Thank you