

MADE A MASTERPIECETM

School Coping Plan

Why this plan is important:

When someone looks different, unfortunately they are particularly vulnerable to bullying or unkind words from classmates. This plan is intended to help parents, counselors, and teachers work together to identify coping techniques that will help the student, but also help educate classmates to be more kind, as well as more understanding and accepting of visible differences in others.

Your Roles as part of this coping plan team:

Parents:

You are the expert on your child, and we know it can be stressful when you send them to school and are worried about what others will do and say. Planning ahead and developing a relationship with your child's school can promote an atmosphere of teamwork and give you a wonderful ally in their care! When managing up to 30 young students with multiple needs and classroom goals, a teacher has a lot to juggle while educating our children; and they may not have a plan in place for dealing with visible differences, particularly regarding skin conditions and birthmarks.

Teachers and Counselors:

You are the experts on child development and education. However, we know that skin diseases and their impact are not widely known or understood. Children with skin conditions, because they literally wear their disease, are more likely to struggle with social withdrawal, lack of confidence, anxiety, and depression. We hope having a conversation with this family can help you feel knowledgeable and prepared.

When parents and teachers work together to ensure these important issues are understood and supported, they are laying the groundwork for this child to be successful as a student and member of the school community. It's a win-win-win!

How to use this form?

This form is intended to help you get the conversation started!

Parents, Make it work for you! Individualize it, change it, and encourage your child to go over it with you. Then set up a meeting with your child's school to review it.

Teachers and Counselors, You are then invited to add, change, modify, and ask questions so you are well-informed and everyone is set up for success!

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School Coping Plan for: _____

Coping tactics

Working together as a team, I hope we can proactively address any issues that might arise for my child regarding their peers and their skin while at school, without disrupting your classroom. I know that teaching and providing a safe space for every child is your priority, and I respect you have many things to juggle in your classroom. If something emotionally distressing happens at school, here are some things that help my child feel better at home:

Parents: Please fill out this box with things that make your child feel better. This is a great section to get teacher's input on what is realistic for their classroom, and may include journaling, making arts and crafts, singing, talking to a friend, going on a walk, taking deep breaths, playing with therapy putty or fidget toys.

Additional Information

Is there any additional information you'd like to share about your child? When would you like to be contacted by the teacher? Is there anything you'd like them to look out for physically, emotionally, or socially while your child is at school? Any tips for skin care, if needed?

If you or anyone in the school needs more resources, please visit <https://madeamasterpiece.org>. We are a community for those with skin conditions, and we are here to help!