

# Letting Go

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IS NOT EASY

# Stages of letting go

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- ♦ Nursery
- ♦ Primary school
- ♦ Parties
- ♦ Going for tea
- ♦ Brownies
- ♦ Guides
- ♦ Clubs
- ♦ Secondary school – huge
- ♦ Sleepovers – another huge one
- ♦ Italy trip – a week – **astronomically huge**
- ♦ College
- ♦ University – **head in sand**

- ♦ One of the hardest things to do if you have a child who needs extra help
- ♦ Its harder for the parent than the child – always



# How ?

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- ✓ Age appropriate ways :
  - ✓ Nursery / pre school
    - ✓ Have you never ever let anyone else look after your child before, this is very scary
  - ✓ School
    - ✓ Even worse than preschool as longer in most cases and food involved
  - ✓ Birthday parties
    - ✓ How many times can you go along before looking like a neurotic mother
    - ✓ Did anyone else have to go through the bins for the discarded packets ?
  - ✓ Tea with friends / to the park / shopping
  - ✓ Sitting in car parks – how long should you carry on doing that



Planning, planning, planning

# SLEEP OVERTS

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- \*The **scariest** thing ever for me (at first)
- \*The most **exciting** thing ever for Jessica (at first)
- \*With **untrained** people – even scarier
- \*Do you train them and potentially **frighten** them?
- \*Maybe write a basic plan to include :
  - \* Step by step guide – keep it simple
  - \* Hypo treatment plan
  - \* Hyper treatment plan if appropriate
  - \* Your mobile / home number in big bold numbers
- \* Basic plan will change as they get older
- \* **Night testing : times and levels**
  - \* Parent can test when young and phone you perhaps
  - \* When older your child can set alarm and test and text or phone you
  - \* Use an app ie Mumoactive.com which you both log into



# Night Tests

(be prepared) CWD 2011-54

**COKE**

(Not diet!)

**TEST KIT**

(With enough strips)

**FETCHING CLOTHES**

Test strip trail to find your way back...

**TORCH**

(Working with the lights off)

**BAGS**

(More sleep required)

**WET FLANNEL**

(wiping fingers)

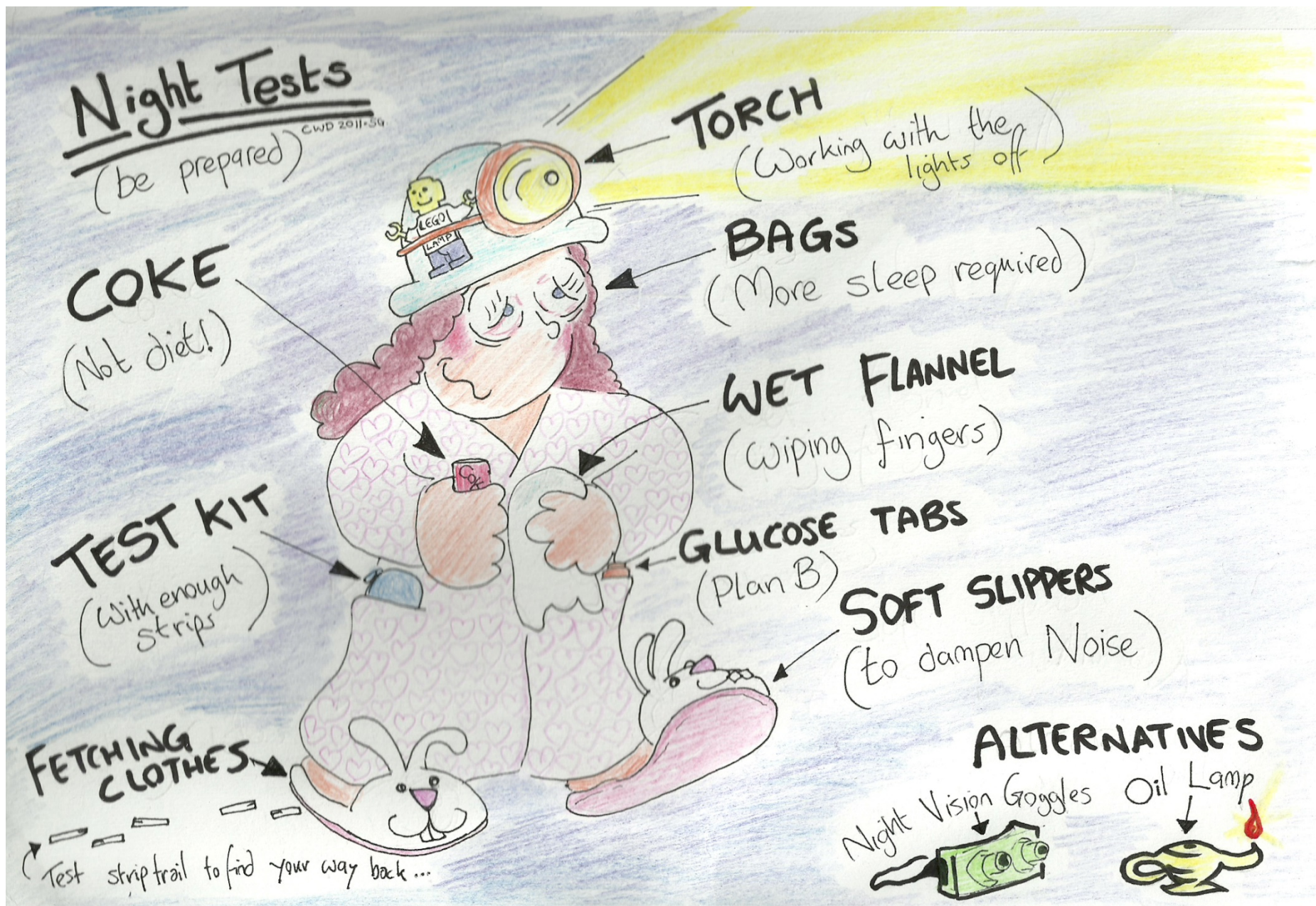
**GLUCOSE TABS**

(Plan B)

**SOFT SLIPPERS**

(to dampen Noise)

**ALTERNATIVES**







EVERYTHING IS POSSIBLE

