Letting Go

IS NOT EASY
One of the hardest things to do if you have a child who needs extra help

It's harder for the parent than the child – always

Stages of letting go

- 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
How?

✓ 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 OVERS

*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)

Torch
(Working with the lights off)

COKE
(Not drink!)

BAGS
(More sleep required)

TEST KIT
(With enough strips)

WET FLANNEL
(Wiping fingers)

Fetching clothes
(Test strip trail to find your way back...)

GLUCOSE TABS
(Plan B)

SOFT SLIPPERS
(to dampen noise)

ALTERNATIVES
Night Vision Goggles Oil Lamp
EVERYTHING IS POSSIBLE