

PKU cooler™ and starting school

A new school (and potentially a new protein substitute) can be daunting for both parent and child, so here's some hints and tips that might make it easier for everyone.

Hints & Tips for Parents/Carers

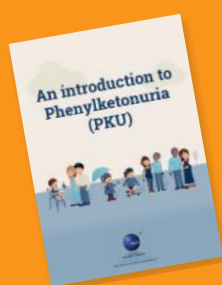
Getting started on PKU cooler

- ★ **New to cooler?** The PKU coolercolours guide has some 'top tips' and fun ways to help encourage your child to take their PKU cooler.
- + **Time challenges** - The 'cooler timer' is available to help make taking cooler more fun and bring out your child's competitive streak! Ask your dietitian for more details.
- € **Five fantastic flavours** - So there's sure to be one for everyone!



Before your child starts school

- » **Dietitian Visit** - Could your metabolic dietitian visit the school to explain more about PKU and your child's specific dietary management to school teachers and catering staff?
- # **Discuss** any concerns your child may have about starting school, particularly in relation to their PKU.
- ★ **Questions?** Your child may get asked about their PKU at school. Preparing some answers in advance will help them feel much more confident about anything they may get asked.



Informing school staff about PKU

- + **What is PKU?** Showing teachers, teaching assistants or catering assistants the Vitaflo 'An Introduction to PKU' booklet or app can help them understand more about it.
- € **Questions?** Encourage teachers to ask you questions about PKU to help them understand more about it and to voice any concerns they have.

Things to discuss with teachers

- ★ **Permitted foods** - A list of foods and drinks your child can or cannot have will be useful for school staff to refer to. For example, try this one: <http://www.nspku.org/publications/dietaryinformation>
- € **Lunch plans** - Most families prefer their child to have a packed lunch so that they can provide appropriate choices. It's also useful to discuss alternative options.
- # **Protein Substitutes** - Explain which protein substitute your child takes, how often they must take it and any specific preparation guidelines to be aware of.



Need to talk? Provide contact details for key family members if teachers have any concerns about your child during the school day. The detachable postcard with this booklet can be passed on to them.

School lunches

- » **Need Lunchbox Ideas?** Visit www.vitafriendspku.co.uk for some great low protein recipes.
- # **Pack PKU cooler** with your child's lunch so they remember to take it during their lunchbreak (if required).
- ★ **Keep cool!** Use an ice pack or cool pack to keep your child's protein substitute chilled in their lunchbox until lunch time.



- + **Staying Late?** If your child has an after-school activity, such as a sport, it may be useful to pack an extra protein substitute if required.

PKU coolercolours
For Everyone.
For Life.

To find out more about PKU and the Vitaflo patient journey please visit:
www.vitafriendspku.co.uk

PKU cooler™ is a food for special medical purposes for the dietary management of Phenylketonuria (PKU) from 3 years of age. PKU cooler must be used under medical supervision. For precautions and allergen information please refer to the product label. Not suitable as a sole source of nutrition.



Innovation in Nutrition

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Hints & Tips for Starting School

Hints & Tips for Teachers

Here are some ideas to get you started

- # Organise class activities that highlight the differences between people and that many things make us different, not just PKU.
- € Older children with PKU could give a presentation to classmates about it. This might help them to feel comfortable amongst peers and help classmates understand more about PKU.
- ★ Treat a child with PKU as you would any other class member!



School lunches - Teachers/catering staff

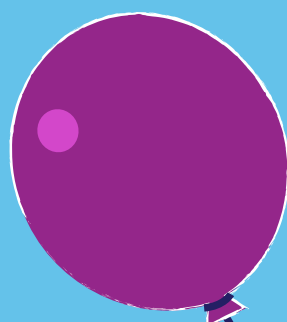
- >> It is important that children with PKU only eat and drink the food and drinks provided or allowed by their parents or carers.
- + Uneaten food? Needs to be kept and sent home in the lunchbox to help parents record their child's protein intake for the day.



- # Sharing food - PKU patients follow a strict diet so swapping food and drinks is not advisable. Putting in place a class policy about not swapping may prevent them from feeling different or left out.
- ★ If a child with PKU eats or drinks anything unpermitted, there won't be any noticeable side-effects and it isn't a medical emergency, but make sure the parents or carers are told.
- € All finished? If a child doesn't finish their protein substitute during the school day, then the parent or carer needs to be told. Then they can adjust their protein intake for the rest of the day.

School birthdays/celebrations

- ★ Let parents/carers know if there are any class parties or birthday celebrations planned so that they can provide low-protein treats in advance.



- # Ask parents/carers if they can provide the school with a batch of low-protein foods that can be frozen. Then they are available for any impromptu class celebrations!
- € Non-PKU children should be discouraged from eating special low-protein foods, however they will not come to any harm if they do eat them!

Tear off section

Contact Details

My child:

has Phenylketonuria (PKU) and takes a protein substitute called:

They need to takepouch(es)/sachet(s) per school day.

If you have any questions or concerns:

Please contact:

phone number:

or if I am not available, please contact:

on phone number:

