



## My child has LPLD

Having a child diagnosed with LPLD may lead to mixed feelings. On one hand a diagnosis will probably bring some relief because you and the doctors now know what the problem is and can start to manage the symptoms. At the same time you may feel overwhelmed when considering your child's treatment and what the future may bring.

### Managing my child's LPLD

Some pointers to managing life under these new conditions are:

- Acknowledge that living with LPLD can be difficult and can often feel unfair
- Try to instil in your child the importance of the diet for their own sense of health and well-being rather than to be 'good' for the doctor or for you. Delayed gratification is a hard concept for children to grasp, as well as many adults. Have patience when your child doesn't seem to understand that not eating tasty chocolate or yummy cake now will mean they feel well in the future
- Try to prepare food that is tasty and appealing to your child (see living with LPLD fact sheet) based on what they can eat, rather than a low-fat version of what others are eating
- Try to change the family diet towards a low-fat diet so that everyone is eating more or less the same. This will reduce the feeling that they are eating inferior food or are 'different' from others
- Explain the condition to your family, friends and the parents of your child's friends
- Scan your local supermarkets for low-fat products to vary your child's diet and keep it interesting, but be careful as the composition of these may change over time. Keep vigilant
- Talk to the staff at your child's school. Ensure they have a health plan for your child with instructions on what to do in an emergency. Under the Disability Discrimination Act your child is considered a disabled child because of their condition. Most schools will accommodate your child without a problem, but it is worth knowing that schools are obligated to make reasonable adjustments for your child. Help and advice can be obtained from the Parents for Inclusion Helpline. Their number is **0800 652 3145**
- Have a letter for schools and caregivers explaining what the condition is and including a list of foods that your child can and can't eat
- Be aware that adolescence, a difficult time for any young person, can be more difficult for a child with LPLD, as it is the time when they begin to take responsibility for their own health, and your control over what food they eat is reduced. For many individuals with a long-term health condition, adolescence is a period of denial. In the short-term it may result in bad health as they struggle to come to terms with who they are and what they need to do in order to stay healthy