



Living life with PKU

Laying the foundations for a healthy, independent future

As your child becomes more aware of his surroundings, he can begin to have a role in his own PKU management. This is an important step towards developing a knowledgeable young adult who will one day effectively manage PKU alone.

- Begin by distinguishing *yes or no* foods. This can begin as early as two or three as a child begins to talk. Teach your child to identify food that is safe to eat.
- By four to five your child has learnt to count. Use this skill to introduce your child to the importance of measuring and weighing food to calculate *how much* he/she can eat to keep Phe in the blood at a safe level. This is especially important when your child steps into a new environment like the school canteen.
- From seven to ten years, your child is capable of learning how to prepare his/her Phe-free formula with less supervision, select snacks and begin keeping his/her own food record.