

Education of Diet

Birth to Adolescents

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Birth to Five Years



General Issues

• What will help you??


- Biochemistry
- Autosomal recessive disorder
- Recurrence risk
- Outcome



Diet


Diet is positive

Diet for life




Emotional Responses to Diagnosis of Chronic Metabolic Disease

- Denial
- Fear
- Anger
- Guilt
- Over involvement
- Sorrow/sadness



Prescription

Principles

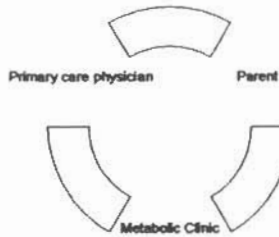


Daily Living Issues

- Family reorganization
- New Family member
- Lifestyle – maintain normalcy
- Siblings
- Childcare
- Loss of Privacy



Your Team



Clinic Routines

- Blood draws –galactose -1- phosphate
- Urine -galactitol
- Wt/Ht
- Group Clinics



**Nutrition Intervention
Birth to 4 months**

- Developmental readiness
- Preparing for solid foods
- Nutrition education
- Galactose from foods
- Lists
- Label reading



**Nutrition Intervention
4-6 months**

- Sequencing of solid foods
- Suggested meal patterns
- Education of:
 - Siblings
 - Family members
 - Friends

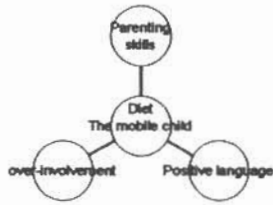


**Nutrition Intervention
7-12 months**

- Cookbooks
- Yes and No Foods
- First Birthday Party-recipes
- Cup drinking - Calcium



Nutrition Intervention Thirteen –Thirty-Five Months



Three-Five Years

- Egocentric child
- Negotiating child
- Role playing
- Saying no
- Similarities and differences



Nutrition Education

- Fishing for Galactose
- Clinic Supermarket
- Role Playing
- Red Light !! Green Light!!
- Ways we are alike and ways we are different