Participant 15

Duration: 35.40

Mother of dysmenorrheic girls (17 and 15)

Interviewer: OK so could you start off by telling me a bit about yourself?

Participant: Um, I’m 46 and a half, um I’m a full time teacher, I’m married with 2 children, 17 and 15 and lived in (location) for 23 years, originally from the (location), I like holidays (laughs), I don’t do enough physical activity, um and I don’t have a work-life balance but that’s about it really.

Interviewer: Yeah, how come you don’t have a work-life balance?

Participant: Too much marking, too much planning

Interviewer: Yeah, not the other way around then, not too much life?

Participant: That’s what the holidays are for yeah

Interviewer: Where do you like to go travelling?

Participant: We do, do, do we like to go um, we like to do different places, yeah we like our, like our holidays.

Interviewer: OK.. and how about like, erm hobbies and things like that?

Participant: Well, I used to have hobbies and now.. so um I do look at dance classes so err currently, I used to play tennis so apart from reading now, erm so my hobbies are basically researching my holidays, and then I tend to up stuff in the holidays so I don’t have a regular hobby you know unfortunately I should make time but I don’t make time- I always find that by half past 9 you know, I’m too tired. You know what the impact of teaching is, if you don’t get your work done at night, the impact is the next day and that creates other stress so yes you have to balance that out so…

Interviewer: Yeah

Participant: I don’t really like running

Interviewer: Yeah

Participant: Which is the easiest one to start but we’ll see, we’ll see, at the moment I’m alright.

Interviewer: You’re alright without the running?

Participant: Yeah, I’m alright without running yeah.

Interviewer: OK, so is it OK if we talk, is it both of your daughters that experience period pain?

Participant: Yes, not all the time but just now and again

Interviewer: OK can we talk about, when did they start there periods?

Participant: Just before they were 14, it was literally about 2 weeks, both of them about 2 or 3 weeks before their 14th birthday

Interviewer: OK and did either of them start experiencing pain at the same time as their periods or…. So the same time they started?

Participant: No, no it wasn’t erm, I wouldn’t say for about a year because of course they went through that phase where things aren’t regular

Interviewer: Yeah

Participant: Um, so I don’t think there was the traditional stomach cramps and things like that, that um, that we associate you know for me, or if they did they didn’t tell me, you know if it were it might have been slight erm but now you think well that’s a year ago for (youngest daughter) so I’m, (eldest daughter) I don’t think experienced pain as quickly as (youngest daughter) has erm

Interviewer: Yeah

Participant: Um so I was quite surprised when (youngest daughter) said um, that she’d got stomach cramps, not regularly you know

Interviewer: Yeah

Participant: But I was surprised that that was as early you know but (youngest daughter) has developed faster than (eldest daughter) so even though it was the same age they started, (youngest daughter)’s teeth fell out much, much earlier you know she had growth spurts and you know she seemed to develop faster, her mature, her body matured faster let’s say in little areas so she reached landmarks… so I’m not surprised that (youngest daughter)’s had the pains maybe sooner than (eldest daughter). Unless (eldest daughter) like I said didn’t tell me then just manage it you know, didn’t like, she doesn’t complain you know.

Interviewer: Yeah, did erm, how did she tell you when she, she eventually did?

Participant: Yeah so erm, she (youngest daughter) would say ‘oh I’ve got, got really bad period pain’ whereas (eldest daughter) would say ‘I don’t feel very well’.

Interviewer: Yeah

Participant: Erm and then (youngest daughter) would lie on the bed and feel sorry for herself and I said ‘have you had paracetamol?’ errr no, she would say no and oh let’s go get some paracetamol, go get yourself some paracetamol, I don’t want them to be the sort that, you know relies on somebody else as if it’s this big deal so very early on I didn’t pander to it

Interviewer: Yeah

Paracetamol: which sounds cruel really, but I didn’t pander to their, like some girls have had days off school you know maybe there were obvious reasons but there’s wasn’t severe enough, well not obvious reasons but reasons where they might not need to but (daughters) wasn’t severe enough you know so got to get on with life, get on with you know, take 2 paracetamol and then, would you like a hot water bottle… they usually say no and once they know you know, a little bit of mummy cares has been dropped in, they seem to just get on with it really but we tend to just do paracetamol really

Interviewer: Yeah, OK. So you mentioned how both of them sort of cope a little bit differently with it, do you think that the intensity of the pain is different between the two of them?

Participant: I think so, I don’t know whether (eldest daughter)’s just learnt to manage it so erm obviously she’s older so ben going through it for longer erm but (youngest daughter) shares a lot more, she’s a lot more open as a person whereas (eldest daughter)’s a bit like me, she will just get on with it now right, that’s what I need to do, that’s what I can do and that’s just me, you know she’s not very, you know she doesn’t open up about her feelings whereas (youngest daughter) will just will tell you, you know she’ll ‘oh I don't feel very well’ you know

Interviewer: Yeah

Participant: Erm, so yeah they do deal with it differently but that’s, again it’s, I don't think that’s necessarily to do with the pain, I think it’s more to do with their personality to be honest

Interviewer: Yeah erm so you said they don’t always get pain so how often would you say…

Participant: Yeah, it’s, it’s, it’s obviously, I think that you know, you can, you can almost chart when they’re due because you know, their hormones are kicking in so for (youngest daughter) definitely it’s been that first few days and it just and then she just gets on with it, then I won’t hear about it again erm and like I say (eldest daughter)’s sort of self-regulating so it’s hard to tell with her you know whether she’s just tired from school, I don’t like to pry now I just say oh is everything alright, you know so it’s completely different individuals so it’s hard to tell isn’t it and you know, and you know it’s, if they want to come to me they can but just sort of, I think , I think yeah with (youngest daughter), it’s still only a year you know you’re noticing it a bit more and you know because she’s more open with her feelings where (eldest daughter)’s now 3 years down the line and it’s just life isn’t it. Do you know what I mean?

Interviewer: Yeah, yeah. OK so what other, other than paracetamol, what other type of things do you find they do to get rid of any pain they get or discomfort?

Participant: Well they tend to just lie on their bed actually, even if it’s not with a hot water bottle, they just go and they’re quiet you know, they have a little bit of music on and that their phones which I don’t mind, err and they tend to just be you know, out of the way a bit, quiet in their bedroom and that’s fine and erm so that’s probably the biggest thing but like I said when (eldest daughter) might go to bed and she might be tired, but you know you can tell sometimes with the way they’re curing up you know erm so they’ve got cosy blankets and it’s like anything you know if they’ve got a cold or something they like their little quiet space so I think that’s what they’re doing, you know they need a bit of a, you know quiet time. So they don’t do very much, they’ll just lie on their beds really with their music. I think it helps to relax them doesn’t it you know, that safe zone or whatever, although the other argument isn’t it that if you do exercise that helps too so, but at the minute that’s what I’ve noticed that they, they, they, there’s nothing else that they do.

Interviewer: OK, have um either of them been to the doctors at all?

Participant: No, no, no they haven’t commented, they haven’t said that anything’s an issue and I haven’t noticed anything so erm isn’t, I think it’s just normal pain so not that severe pain that some girls unfortunately experience, yeah.

Interviewer: OK, OK, you mentioned how sometimes they will go a bit quiet or go into their bedroom and curl up or whatever, erm does that impact on maybe what they would normally do around the house?

Participant: Yeah I mean after a while I get a little bit frustrated like oh the table needs setting you know you need to get ready for this, you need to sort your beds out you know it’s life isn’t it so it’s OK but you can’t go curl up in your bedroom for 3 hours when you’ve got homework to do, you’ve got a piano lesson coming up so yeah I will give them the time but then I will be um cruel mum and go well something else needs doing you have to move now, I don’t like them feeling sorry for themselves all the time (laughs).

Interviewer: Yeah, what reaction do you get when you…

Participant: Yeah well that’s the interesting thing, cause unless somebody asks you the question you don’t, like you just have, it’s really hard to you know, and are they moaning because they’re thinking I need to go, I need to let this feeling pass, or are they moaning because they don’t want to set the table? That’s an interesting one that I can’t answer.

Interviewer: OK cause you don't know…

Participant: I don't know you know whether it’s, which way round it is. Now if it was, if I said to (youngest daughter) right you know you’ve got to get up and because your piano teachers coming in half an hour, it would definitely be the moan about the piano teacher coming in half an hour but whether it’s a bigger moan because you know she is, she has a bit of pain, I don't know so it’s an interesting one I can’t answer properly apart from yes they do moan but it could be because of what I’ve asked them to do (laughs). It’s hard, sorry

Interviewer: No, that’s OK so that’s the way it is isn’t it, you can’t always untangle what the…

Participant: Yeah, yeah, yeah there are two variables there aren’t there

Interview: And um, have you noticed that it impacts on their, how they engage with their hobbies. Things like piano playing and stuff like that?

Participant: Well the swimming certainly you know, that, that’s the big issue, and I say shall we go swimming and they say oh no, no, no, no and you worry about what they think about swimming now so it wasn’t necessarily a hobbie but it was something we would do on Sunday mornings or and you know I said there’s other things you can use you know- ‘no I’m not using tampons’ and things like that so they’re a bit scared you know and no I’ve done the gentle gentle ‘would you want me to show you what to do?’ and of course there’s a huge embarrassment around that so initially it was you know you got the shout in the toilet ‘mum can you help me’ and thought oh OK I know what that’s about. It’s another ball game you know standing at the sink with your mother and I think they’ve done it at school they still, no matter what sort of you open know, we’re not, you know we’re not like naked walking round the house sort of relationships with everybody and similarly we’re not not talking about everybody’s feelings, we’re somewhere in the middle I think like most families so there’s still for the girls that embarrassment factor I think and you know, even though you try and not to be like your own mother like you never talk about anything, you can’t force the issue do you know what I mean so, so swimming certainly, especially when we’ve gone on holiday you’re almost praying please don’t let them be on, please don’t let them be on cause potentially, you’ve got potentially 3 times the amount of stuff to go your suitcase. Piano practice and stuff like that, walking round, you know shopping with their friends, that sort of thing, definitely not. Erm (youngest daughter) obviously does a lot of dance and she just seems to get on with it now. She’s quite lucky she doesn’t have to wear revealing outfits or outfits that are maybe lighter coloured you know, it’s all very black leggings, black shorts, so in that sense she’s covered just in case she’s had an accident. Yeah, that’s good for her. Erm similarly school, she’s always done PE erm and I said no you don’t miss it, you have PE cause we have to write a letter so I know she can’t miss it so apart from, yes to the swimming, but that’s something we need to work on you know.

Interviewer: Yeah, yeah

Participant: and it might be that they just experiment themselves and sort it out themselves but at the minute they don’t want to share with mum (laughs)

Interviewer: Yeah

Participant: But yeah normal hobbies um, you know they’re absolutely fine, but yeah just the swimming really which is a shame cause they’re both good swimmers but we’ll see, we’ll see

Interviewer: Yeah, you never know

Participant: You never know

Interviewer: Erm how about things like, you said they’re generally fine going out and about with their friends, do you do you know if they talk to their friends about that type of thing so like periods and period pain?

Participant: They did beforehand you know, (youngest daughter) will come home and like I said she’ll just tell me, I mean never tell her your secrets, she would come home and tell me all about her friends who had, she’ll say I know they’ve started their periods cause they pretend they haven’t and I’ve seen the thing I’ve seen the you know so she, she, she found it quite interesting and there was this, not obviously competition but, it was just a what’s happening with everybody else and why lie so there was an initial chat, I don’t think, I don’t know whether (eldest daughter) does so much, I don’t think (eldest daughter)’s friends tend to do that sort of thing, erm but like I said you know, (eldest daughter) would tell me something if it’s really, really upsetting but she’ll hold most of the things in where (youngest daughter) will, I think, so I think initially yeah, but I haven’t heard about it because now cause they’re a year in they just get on with it you know so unless of course like I said you know, I don’t really want to go and tell my mum about my best friends because that, that’s their conversation isn't it so initially yes but not really anymore.

Interviewer: OK, OK, does, so, so when one of them is experiencing, they’re on their periods, they maybe have cramps or a bit of discomfort, not feeling that great- does it impact on their sibling relationship? So how they are with their sister?

Participant: Well it was funny when (eldest daughter) obviously started her period and (youngest daughter) was too, obviously hadn’t, and then she would say ‘oh (sister)’s so cranky’ so initially erm so yes because initially they would be daft together and you know have a joke and stuff like that so initially when (eldest daughter) did, and not necessarily in the first, not even say that first 6-8 months with (eldest daughter) cause it was sporadic, it wasn’t in a patter, she wasn’t regular, and then when she did start to become regular, so after that first year, (youngest daughter) would say ‘oh she’s so cranky, I think she has her period’ like that so she’d made those links, and I said oh just keep out of the way, just give her a bit of space. Whereas now of course they’re both in the same boat, I, if they talk about it I don’t know, or or they just get on with it and give each other the space you know so you know it’s a bit respectful like that.

Interviewer: Yeah, yeah so perhaps before (youngest daughter) had experienced it herself she couldn’t really understand but now she can.

Participant: Yeah, yeah that’s right, yeah perhaps you know… that’s right and obviously verbalise that to me which I thought was hilarious you know cause I’d obviously spotted that but would never say anything cause that would upset (eldest daughter) whereas like I said (youngest daughter) would just tell everybody everything but she wouldn’t say to (eldest daughter), you’re so cranky, she would come up t (husband) and I and so oh she’s so cranky you know which I thought was quite amusing but em, now they’re fine yeah. Yeah doesn’t affect, like I said they just go in their room, close the door and they know that’s that person’s space yeah.

Interviewer: Yeah, how about erm your husband, do they ever talk about period pain or anything like that with your husband, their dad?

Participant: Not no, (eldest daughter) definitely wouldn't, definitely wouldn’t unless she said look dad can I have some paracetamol? Erm, everything’s through me in terms of ‘mum can you get me stuff from Sainsbury, I’ve run out of this, I’ve run out of that’ erm so erm but with erm I remember (youngest daughter) had a group of friends round for tea and they were all talking about other girls um and (husband) was just sitting there, we’re all eating tea together and they’re having chats about which girls have started and which haven’t and (husband)’s just hmmm, like that so but I think if (youngest daughter) you know it’s that classic, if mum’s not there then they would go to (husband) um but (youngest daughter) knows she just comes to me but they know that they can approach their dad if they need to you know but it just depends on how big the issue is I spose doesn’t it

Interviewer: Yeah

Participant: They don’t announce it ‘oh dad I’ve got period pain’ you know and you know it’s, so they have a nice relationship but, they don’t need him just like they don’t really need me sometimes you know so yeah they’ve got a different relationship with (husband) you know he’s daft and extremely supportive of everything even if when fail completely you know whereas I am more caregiver you know physical needs but if they needed to they would, I know they would but up to now they haven’t used him for anything.

Interviewer: No

Participant: No emotional crutch yet

Interviewer: Yeah, yeah, OK, do you think that it impacts on how they feel about themselves and things like that?

Participant: Yeah I think so um, you know it’s that sort of now, I think that growing up they want to go out and the swimming and yeah I think, think it does a little bit because you know they go well I can’t do this because of that but um, you know (eldest daughter), (eldest daughter) particularly really should be swimming because you know she’s a super swimmer but I think you know that would help her, you know she hasn’t got weight issues at all, she’s nice and slim but in terms of her keeping physically fit and strong to cope with demands with life, it would be really good exercise for her and she chooses not to do it you know um and she’s also quite hairy as well so she has to…. Before she starts so you know, just for her particularly but (youngest daughter) no not really. (hears the door bell ring), got your next customers, the production line you know (laughs).

Interviewer: (laughs) erm can I ask how, how erm, you said they cope in very different ways where (eldest daughter)’s like just gets on with it and (youngest daughter) is less so, um why do you think that is?

Participant: I just think it’s their personality, you know (husband), (youngest daughter) is (husband)’s daughter, you know and very, very soft natured, would trust anybody and (eldest daughter)’s just like me and I said you know I’ve got my mum’s sort of, it was that sort of- you get on with, you don’t talk about it but in terms of sharey sharey feelings, I’m also like my dad so (eldest daughter)’s also got that side, she’s more of a duo, she’s more of her mothers side so I think that’s what it is really erm I think it’s down to personality um but what I’ve tried to do is not be like my mum so yes I’ve got to be like that, like yes I’ve got to get on but I’ve got to do something about it, OK but this is what we can do to help you to get on with it and we can have that conversation here so I try to have a open, open door let’s say erm because I don’t want them to be somebody that has to discover everything by themselves, I don’t want them to have to do that so whilst I might plant a seed or offer suggestions, that’s up to them whether they want to use me I think, I don’t force them to do that I want them to come to me when they feel comfortable, not because they feel they have to erm and yeah because then I think you get a real, with (eldest daughter) particularly if you force the issue too much she will back off completely. So you have to like I say plant a seed or offer a suggestion and then if she wants to take you up on that she will but she is quite a robust person in terms of, if you’ve shown her and given her a suggestion, she’ll do it, get on with it whereas (youngest daughter) is much softer, not softer that sounds cruel cause (eldest daughter) is incredibly supportive of her friends and things like that, (youngest daughter) is um let’s say a bit more emotional, you know sometimes can’t distance herself from the immediate, takes it very much to heart whereas (eldest daughter) can rise above much faster and get on with life you know as err, people think she’s got a hard shell actually a bit like me but on the inside things do get to her, I think it’s just, it’s a personality thing. That was quite a long-wonded way there, procrastinate beautifully didn’t I (laughs)

Interviewer; No, it’s fine, it’s absolutely fine, please don’t worry- everything you’ve said is interesting. Erm, so when you do see them, erm ina bit of discomfort and maybe they’re upstairs curled up, um how do you feel about that? How does that impact on you and your stress levels?

Participant: I don’t get stressed, I feel sorry for them more than anything cause I think oh bless look at them you know erm, so I, I, I don’t get stressed, I just get stressed if they’re going to not do something as a result of that you know and it’s more crossed stressed rather than upset stressed. Um cause I think well you can do it but, so I have tried you know, we’ve come, we have that and you might need a day, you don’t need 2 days and you certainly don't need 3 days you know and so we, I had that message quite early on you know it doesn’t impact on your life apart from the swimming as I said so that’s a working progress but every other area of their life they should be able to manage so that’s what we’ve tried to do so it’s OK, I don’t feel stressed, if anything it means I can go and do my marking an I don’t have to rub their backs or anything like that but I suppose having two girls who are just going through it normally is OK, if I had, I know somebody at work who had terrible, terrible times you know and would faint, I think if I was a mum and having you know, that sort of thing, seeing my daughter go through that then I would be stressed but it’s, it’s just that sort of OK well you might have a day where you feel really bad so you can’t get up and get on with it but you still have to do stuff on the day when you do feel bad. Yeah so I don’t tend to, I don’t tend to feel stressed to be honest because you just get on with it but that’s not to say that won’t change in the future- you don’t know what their bodies are going to do I mean (youngest daughter)’s got epilepsy so I feel more stressed about that knowing that she’ll be able to manage in the future rather than…. You know period pain stress.

Interviewer: Yeah, yeah. OK, erm and how about (husband), does he feel stressed out?

Participant: No, he’ll go ‘oh on the bed are they?’ like that and leave them to it so no he doesn't, he doesn’t feel stressed in fact, maybe sometimes, maybe sometimes he doesn’t notice because if they’ll be on their phone maybe he thinks they’re having a bit of chill time so like I said I think they’d have to approach him if they needed him you kno rather than him actually notice. Do you know what I mean?

Interviewer: Yeah, I know what you mean. Erm so you mentioned about holidays, sort of erm does it ever effect how you plan holidays or…

Participant: Not how we plan, we go with the dates but now it’s um, well obviously with (eldest daughter) started her period when we were on holiday which was really interesting cause we had a family trip to the supermarket which was interesting cause I didn’t have anything with me cause I didn't need anything and erm so that was interesting so now of course, and because their cycles are so, (eldest daughter)’s regular but (youngest daughter) still isn’t regular so in terms of planning the holiday like I say you know, you might take a lot of stuff with you and they’re still using pads so it’s bulk basically and so but then I’d rather be prepared so I just tell the girls to write a list, what you need- check what you’ve got, what you haven’t got you know and I started to give you know, when I started packing I would give them a list of things like toothbrush toothpaste that sort of thing so now I just add that to the list and they can like tick or cross it and then we’ll write a big list of what I need to take and they, they write on that if they need it, if they haven’t got stuff yeah.

Interviewer: Yeah, OK, and how about erm relationships between family members, does it ever cause any tension around?

Participant: I think yeah well, 3 women together now, (husband) did actually comment a few weeks ago cause I was stressed about something, just at work, like grr and I came home and then of course, and all the cycles now, we’re all becoming come synchronised which is a bit weird so you think oh right and you can spot so yeah we’re bouncing off each other sometimes especially (eldest daughter)’s is you know, she will argue black is white sometimes because you know, she does like to be right so um, you know when she’s arguing more, so I, I tend to back off and go well that’s fine cause it’s not worth it so, there have been a couple of times in the past year where the house has been yeah there’s been a bit of friction in the house I would say where we’re all bouncing off each other and then you go oh I think this might be hormones from all of us, not just the girls, from me as well and of course cause I get older and my, my cycle is becoming quite sporadic now and theirs is and so it, it could be so hopefully they will spot the signs and help, help us all you know like I said I’ve spotted the signs so I try to back off a bit, if I come over… yeah but it’s interesting cause I would have said yeah that would never happen in our house but it has this last year a couple of times so yeah.

Interviewer: Yeah so like you said that (your husband) mentioned it, how does he sort of deal with, with that going on?

Participant: Oh he’ll just say oh just get on with it and when I said I think it might be hormone city in here he said ‘oh you’ve noticed then have you’ quite sarcastically as if like ‘you haven’t noticed before?’ so I think he just removed himself and let us get on with it (laughs).

Interviewer: (laughs) OK so he’s aware

Participant: Yeah you know and so, it’s hard when you’re in it yourself, you don’t tend to notice when you’re shouting but when there’s 3 of you shouting together it can be but it isn’t, it isn’t every month certainly.

Interviewer: That’s good

Participant: It is good, pheww, if it was we’d be at the doctors all of us (laughs) you know.

Interviewer: Yeah and how about things like um, like family activities or when you guys want to go and do something like a Christmas or birthdays or visits or anything like that, does it impact on any things that you do together?

Participant: You can see with (youngest daughter), you can, it’s ‘oh I can’t be bothered’ and you think oh it might be because of that, she’s on her period but not so much. If something’s planned it, it’s hard isn’t it because at the same time they’re teenage girls and maybe don’t want to do everything with your parents, you don’t want to go to your 6 year old cousins birthday party so it is really hard to find which one it is, yeah whether it’s the pain or just can’t be botheredness so I would say no because we would say no, that’s planned, that’s what we’re doing- get up, get changed, get on with it, get ready, and that’s, that’s sort of been our philosophy really so yeah.

Interviewer: Yeah, erm is there anything else that we haven’t covered erm that it’s impacted on family wise or on the girls lives at all?

Participant: No I don’t think so I think um you know when they first start they worry about staying over at friends don’t they and things like that and I know when (youngest daughter)’s had friends round, there have been you know who started their periods much earlier than she did, I, I you know said in the airing cupboard look this is where everything is if your friends come round and they need something just show them here and she did on a couple of occasions- that’s why I know they were talking about things you see, that’s what I said before, before (youngest daughter) started, and then I said, I said to both of them if you’re at somebody’s house and it comes and you haven’t expected things you need to ask the mm you know just a quiet work or you ring and say, you pretend you’ve got a headache, that was our get-out-clause and you’re not very well and I was saying to them that pretending you’ve got a headache is not very nice to the person who’s invited you round so you’re better off having a quiet word with the mum who’s been through it and I know (eldest daughter), she’s not friends with this girl anymore but one of the other mums had had the exact same conversation with her daughter so I was able to say to (youngest daughter), look that girls mum said the same thing so at least you know when you go to that persons house you know, it’s similar to being at home. So that’s, that’s the initial sleepovers, that sort of things and ‘will somebody notice?’ that sort of things and it was, you know I think initially in those first few months when they had PE lessons at school, how am I gonna get changed, people will see what I’m wearing. So, I don't actually know how they get around that to be honest or well what I said was, chances are there’s going to be one other person in your class so, or you could just use the toilet, I suspect a lot of them just go and get changed in the toilets. And they don’t have to have showers like we had to when I was at school so it’s easier for them to manage but I think they, certainly PE lessons and sleepovers, initially but not anymore, it’s sort of, they’re dealing with it you know.

Interviewer: Yeah, at the start when they were unsure about things like that, did they ever ask for a note or anything like that or…

Participant: Errrm I don’t think they did because it was never very, very heavy or if they, no, the pain, cause no, I think I told (eldest daughter) you know exercise helps I said and you can have a quiet word with the teacher (I don't think she did) erm no, I mean we’ve had a broken finger note, what else- I think (eldest daughter) was really poorly, flu type symptoms but I still sent her into school, I sent a note for that but even if she had been on her period at the same time they still have to get changed to get into their kit which is bizzare so it wouldn’t have gotten around that changing issue so no, no.

Interviewer: Erm yeah, anything else?

Participant: No, no that’s fine.

Interviewer: Is it OK if I stop the recording?

Participant: Of course

Interviewer: Thank you

Participant: you’re absolutely welcome