Mother 19

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

Ok erm I’m a mother of 4, 3 of those are girls and I’m 53. And my daughters are, they range in age I should say from 24, 21, and 16.

Interviewer: OK, so who’s at home? Are all your children…

No, it’s just my 16 year old that loves with us and my husband obviously but that’s that’s it. The other have moved out and doing their own thing.

Interviewer: Oh lovely I bet that’s nice.

(laughs) I daren’t say. No I do miss them. I’m just like your mum. Anyway I’ll stop this now, go on carry on with your questions (laughs)

Interviewer: What do you do for a living?

I’m a teaching assistant currently erm but I have been a nurse and a midwife in the past which is quite relevant I think to your questionnaire.

Interviewer: Absolutely. What type of things do you do in your spare time.

Err I like to see friends, I like leisure time, going out and meeting friends and family. Those are the main things. I like to see live bands and erm I like watching television and reading but that’s just general, nothing specific. But the main thing is going watching live entertainment, that’s what I love the best.

Interviewer: That sounds really nice. So could we talk a little bit about when your 16 year old started her periods…

Yes, erm 13 so not too long really erm, it might. Things have changed slightly because she’s now on the contraceptive pill which have regulated them and made them a little bit easier to cope with. But yeah from the age of 13.

Interviewer: An how was she about that first period?

Erm, yeah she did, I think it helped that she’s got her sisters as well before her, knowing what to expect in that sense but yeah, yes she let me know. You know when it’s the initial when it’s just spotting isn’t it so you’re not too sure and it, it goes from there so it’s very open, lovely relationship.

Interviewer: So, before she started, did she have talks at school and things like that, was she quite aware of what was going to happen.

Yes in primary school they have that and they talk about how the body changes. That’s in year 5 and year 6. It’s very good because it’s specific to their age. It’s more year 6 than 5 it has to be said. More general body changes at year 5.

Interviewer: Did they talk at all about period pain or spots or…

Well not really… they mentioned the spots erm but she didn’t say they talked about the pain or the emotional side. But certainly they talked about changing with the hormones so yes that bit was talked about.

Interviewer: And did you talk to her about it at that time?

No it’s more as it’s happening that I’ve talked to her about it but you know so… She was getting pains quite early on to be honest with the start of menstruation, it was quite early on erm the cramps and so on and I know she has a preference for wearing the night towels all the time. I suppose that’s a good general gauge of how heavy they are and she’s always, and this has happened throughout really, the acne came and in fact she’s seeing the doctor about that because we know it gets worse just before the period erm and with stress and those but yeah it is bothering her a lot because both of her sisters have also got acne and been treated for it so it’s just… and then that combines with the emotional sides of it as well because she doesn’t feel good about herself without putting makeup on, which isn’t allowed on at school. So it’s quite difficult really.

Interviewer: