Participant 2

Mother of 2 dysmenorrheic daughters (17 and 13 years old)

Duration: 1hr 47mins 51 secs

Interviewer: Hi (name), so could you start off by telling me a bit about yourself?

Participant: OK erm I’m 46 year old mother of 2 girls erm, my eldest girl is 17, my youngest is 13 erm I’m a housewife erm, I also do some part-time little jobs erm, I think I work quite hard. I work in the home obviously as well. I also do a bit of dog walking as well so I like to keep fit. Erm yeah, I don’t count myself as a lazy person, I like to keep on the go, I like to have a clean tidy house, my girls are obviously very important to me, and yeah that’s it. Erm I have a partner called (name of partner) erm and yeah, that’s kind of it.

Interviewer: Does he live with you, (partner)?

Participant: Yes he does yes, we all live in the same household.

Interviewer: OK, and is he the father of the 2 girls?

Participant: He is, yes.

Interviewer: And can I ask what your occupation is?

Participant: It’s a cleaner and housewife I put down so (laughs)

Interviewer: So., if it’s OK with you now, could we discuss (name of daughters)’s erm period pain?

Participant: Of course, yes we can yeah.

Interviewer: So both of your girls experience…

Participant: Yes they have yeah.

Interviewer: OK well can you just tell me a bit about that?

Participant: OK well (older daughter), who is my eldest girl, 17, erm she started her periods I think, when she started her secondary school.

Interviewer: Mhmm

Participant: And the pain.. the periods became very painful. She was quite heavy and she was quite regular, once a month. But the periods would last for a whole 7 days, very heavy to the extent of underwear getting soiled and bedwear getting soild. Erm we had a couple of instances where I had to go down the school erm and the pain became worse and worse with her. Then she started to suffer migraines as well with them and obviously it led to us going to see the doctor because she was having time out of, from school, quite a lot of time erm and also her nights sleep would be interrupted because she’d be in pain. Um, I found her quite a few times crawling on the floor where she was in so much pain. Erm and yeah that’s it, we sort of went to the doctors and obviously got prescribed pain killers for it.

Interviewer: Yeah. OK so when were you first aware of her period pain?

Participant: Erm well obviously when erm, what you mean time? What year? Sort of thing or how long ago?

Interviewer: How, how.. sorry yeah how long after she started having her periods?

Participant: Oh if I can remember, let’s think…. Right so she started her periods and…. I think it was more or less straight away with her erm and she’d say they’re very painful and so you know how it goes you give them a hot water bottle erm give them paracetamol, erm and it, it soon began erm that that wouldn’t do anything, it would sort of soothe her for a while but she needed something more than that so err so yes it was more or less straight away with her when she started her periods erm the pain was quite bad so obviously I was aware of it straight away.

Interviewer: How did she tell you? Did she tell you straight away or…

Participant: Yes she did, yeah erm because obviously when they’re still at school, obviously erm if they get up and they’ve had a rough night or you know, or if I’ve been up in the night a lot, which I was with her, sometimes obviously you can’t just send them straight back to bed. It would be sitting up, because obviously she was still quite young then erm and you don’t wanna keep them on their own and say to them oh just go back to bed or whatever, shove a couple of tablets down them a and say go back to bed, I wanted to sit with her and make sure she was alright and you know, till she felt comfortable to go back to bed so yeah she would tell me, she would make me well aware and in the morning if she was getting ready for school and she had her period, some mornings she would try and some morning she would just, she just constantly holding a hot water bottle so how can she go to school like that, it’s just impossible so erm yeah so yeah she’d tell me more or less straight away.

Interviewer: Yeah, does she have any other symptoms, you mentioned migraines… is there anything else.

Participant: Err let’s see, no I mean her appetite has always been OK with them, the migraines yes, the migraines seemed to start more or less when she started her periods erm so obviously that was a different issue with the doctors erm but yeah erm they started then erm anything else….. (pause)

Interviewer: Do the migraines happen at the same time as the period?

Participant: Well she also got her first migraine before she started her periods but when we obviously went down to the doctors and they, they ask you questions and they sort of said how old is she, they said it might be a symptom of her starting her periods and then she kind of started her periods shortly after that. We kind of put that down to, you kind of go with what the doctor says and OK this could be because of the periods and I think when she had another one, that’s when I took her back to the doctors and said is this because of her periods and they said again, it could be, you know, it is quite common so you know and there’s nothing they can do for you with that so again you just accept it.

Interviewer: Erm, can you tell me about the timeframe of the pain so for example like when does the pain start and then when does it finish?

Participant: OK, OK, um, with (eldest daughter) it would be at the beginning, when she actually came on or I think maybe, I’ve gotta try and remember now so bear with me, erm I think she we have like pains that she could deal with and then when she actually came on it would progress then, it would get worse then when she actually you know, actually started her periods, it would just progress from there. Erm and I think in the beginning with her err I think it would get better towards the end, I think she would be in pain probably 2 or 3 days it would be at the beginning and then as the period sort of got less and less, excuse me, the pain would get less and less with her.

Interviewer: And was it with every period?

Participant: Yes it was yeah, yeah.

Interviewer: Has that changed at all now?

Participant: Yes erm, with (eldest daughter) we went through stages we went to the doctors erm obviously put us on painkillers, we tried those, those didn’t work, put us on another painkiller, that didn’t work- we went through all sorts of pain killers, pain relief for her but it wasn’t resulting in her being able to go to school. She was still missing school, still suffering so then it resulted in her going on the contraceptive pill erm and as soon as she went on the contraceptive pill, her symptoms changed erm, the heaviness stopped, the pain stopped, erm the migraines haven’t erm but yeah it made her feel better in herself and yeah.

Interviewer: That’s good, has um, did you notice when she was getting the pain, whether there were any times when it was better or worse? So where there any months when it was particularly bad or good?

Participant: Yeah, I think, I think we did have um, I can’t say that every single month was the same erm I think we did have extremely bad months and where I would be up with her in the night, we’d go downstairs, lay on the settee but that wasn’t every single month so there would be, they never would be the same, there would be some months that were worse than others with her.

Interviewer: Is there anything that that would have coincided with or did you, were there any patterns with that?

Participant: To be honest with you erm, I did buy (eldest daughter) a diary and I said to her to try and keep err a track of all this to sort of write it in the diary, with the headaches, with the pain, erm with the excess bleeding that there was erm, I didn’t actually keep a record myself and (eldest daughter) erm I think she did sometimes keep a record of it but she didn’t other times so erm it’s very difficult to, I don’t think I can, I can say that there was anything specific that would relate to it erm because her being at school she had a routine, she had a routine erm and she got, she’s, we’ve got quite a good routine at home so I can’t really see that there would be anything. She’s not a very sporty person so I can’t really see that there would be anything you know to bring it on more, to be more painful or anything like that.

Interviewer: So it was quite random…

Participant: Yeah, yeah it was all over the place.

Interviewer: OK (clears throat), can you tell me generally how is (eldest daughter)’s health? Are there any unrelated medical conditions or anything like that?

Participant: OK well she was diagnosed when she was a baby, first of all we had eczema erm, is that what you mean going through?

Interviewer: Yeah, yeah

Participant: OK, eczema then she started having hayfever when she was about 5, 6, it was quite bad. She suffered with nose bleeds, sore throats erm, which ended up her having her tonsils out, erm yes and she, with the hayfever she’s still on medication for that now, she still suffers with her hayfever. The eczema she still has but she doesn’t really suffer with it, she’s got, I mean if you feel her arms and her legs she is covered with eczema but it doesn’t, it doesn’t affect her life I don’t think, I think some people itch quite a lot. So yeah she’s still got that erm, erm what else. Erm, her appetite has changed. Erm, I do worry because she is a small frame and she’s a very tall girl erm and she kind of loves the wrong type of food, i.e. sweets and crisps and burgers let’s say and that type of thing erm but she, since, I’d say since she started sixth form, she’s at sixth form now er I would say that I do worry about her eating habbits erm because I do feel that she could put on a little bit more weight, I do feel that she’s under weight a little bit and it does worry me.

Interviewer: So you would like her to eat more.

Participant: Yeah, I would like her too but I think it’s her lifestyle at, at sixth form that I’ve definitely seen the change in her err yeah and obviously her migraines, that’s the only other issue we have with her.

Interviewer: Yeah. OK, you started before to tell me about the treatments that she’s had so could you tell me a little bit more about that so how was it when you first went to the doctors with her?

Participant: Regarding her periods?

Interviewer: Yeah regarding her periods, how was that experience?

Participant: OK erm, OK well (eldest daughter) was quite happy about going to the doctors because all she wanted at that time, at that young age, all she wanted really was to be out of pain, she didn’t really care about what the doctor would say or what he would do, I just think she just wanted to be out of that pain. Not have that. Erm, I just felt as a mums point of view, I, I felt that I just, because you don’t like seeing your daughter like that, you hate it, you wanna take it away and why should they go through that so obviously just wanted to take her for them to do something so obviously when they turned around and said yeah that’s ok, can do these painkillers, we can you know prescribe- hopefully it should help the flow um and the excess bleeding it should help that too. So great, you come home you feel that you’ve hopefully got it resolved but after trying the painkillers it, it didn’t help. So I said to her don’t worry, there’s bound to be something else that we can try so I just took her back and I think after about the third time we were getting a little bit fed up with it you know and I think she felt you know, is this ever gonna end and there was a time when she got upset and she said to me a couple of times why do we have to have this, why do we have to go through this you know, she got upset over it and… she enjoyed school so she didn’t enjoy missing school. She wasn’t the sort of girl to want to play up and say I’ve got a bit of pain can I have the day off of school, she wasn’t like that, she did enjoy her friends and she did enjoy the subjects so when we went back to see erm our own doctor, cause at our surgery you can get to see other doctors which is not always a good thing because our one is really, really good. When we went back for about the fourth or fifth time I think it was and I saw him and I think he felt, that we both felt you know there’s got to be something else please help. That was when he sort of said to us, I don’t know how you feel about the contraceptive pill… and to be honest with you I had already spoken to (eldest daughter) regarding that because I myself went through it and so I knew it was an alternative to help. She seemed happy with that, she seemed OK with that, so that’s what we opt for.

Interviewer: How did you feel about that?

Participant: Well obviously, a little portion of me felt, my god, my daughter of this age going on the pill, on the contraceptive pill. But then I told myself well she’s not going on it for ‘that’ reason, it’s solely you know, me as a mother, I wanna help my daughter and being as I went through it myself, I know that it was the right thing at that time to help me and hopefully it would be for her so yeah, I didn’t care, and obviously she had to know how to take it and it was important to know how to take it right, we had a chat over it and, and she was OK, she, she just wanted to help herself, do something you know, so yeah she was OK about it. I don’t think she told anybody, she was, school friends so…. (laughs).

Interviewer: OK, has she had any investigations or anything like that?

Participant: No… let me think…. No, nothing, no.

Interviewer: OK so, has any of the doctors, have they tried to explain or give you any cause or diagnosis for her pain at all?

Participant: Absolutely not. The only thing they’ve ever said is that it is normal in young girls, it is normal for some people to suffer and some people not to suffer. Erm…

Interviewer: And how do you feel when that explanation is given?

Participant: Erm no I don’t feel satisfied with that, I don’t because erm, regarding her going to school, the schools view on girls missing PE because they’re in pain, because they don’t feel like doing it or because they’re off because of their period, the school don’t understand that and also I mean, I’m no doctor and maybe you think we’re all made up the same way so surely why do people work that way when they’re losing so much blood erm, I’ve seen her sit on the toilet and not be able to get off, not being crude or anything…

Interviewer: No that’s absolutely fine

Participant: Erm you know and think that can’t be normal but when you’re going to see the doctor you think well that’s their profession so, you know you take what they say but knowing all what’s happened now, I do feel maybe yeah they should investigate and try and find out why, why this happens….

Interviewer: What do you mean by all what’s happened?

Participant: Well erm, this is going in from a different angle, again with (eldest daughter) erm, because her migraines have carried on, obviously when we go to the doctors to pick up her contraception erm, they, she goes to see the nurse and the nurse has to check her blood pressure and ask her how she’s doing. When we went to see a nurse and erm pick up her pill and (eldest daughter) had mentioned her migraines to this particular nurse and the nurse then turned round and said well you shouldn't be taking the contraceptive pill if you’re getting migraines and it kind of went on from there, we’re now thinking well this is what the doctor said, it was fine and the doctor has got her records, the doctor knows that she’s been put on the pill because of periods but he also knows she’s suffering with migraines. Well then she told us she would advise us to go back and see our doctor so we did this, we’ve now resulted in, cause we’ve seen two different doctors, we have one doctor saying that it’s OK for her to be on the contraceptive pill and we have another doctor who has said definitely not, and he’s now referring her to see a gynaecologist.

Interviewer: So you’ve got conflicting information

Participant: We have erm so we’re a little bit in the middle as to you know, what is going on, we haven’t had the referral to the hospital yet but we are going to go and speak to this gynaecologist err and hopefully get a bit more information from them.

Interviewer: How do you feel about her going to the gynaecologist?

Participant: Erm, I feel OK about it, obviously myself and (eldest daughter) have spoke about it cause again, being a mother, I have been to a gynaecologist myself so obviously she felt a little bit nervous about going and seeing and first question was, will it be a man or a woman. And, I think I’m right in telling her that it should be a woman, I’m almost certain it will be a woman if there’s any examinations to be done. And I basically tried to give her a little bit of advice to reassure her erm you know, erm just sort of say to her it’s they job, it’s just like seeing the nurse and letting the nurse do your bloody pressure sort of thing or going into a sweet shop- it’s their line of you know, they don’t, they don’t look at people as different shapes or sizes, they, it’s just like erm, liker err, say like a mechanic opening up a bonnet of a car, you know it’s that kind of thing. Every day they see lots of people and you know, it’s nothing to them so that’s what you’ve got to put into your head when you go. But yeah, I’m OK about it and I think she is now so yeah…

Interviewer: Do you think there will be investigations, like internal investigations or anything like that?

Participant: (pause) I don’t know, I think we’re going for a chat first of all. Erm because the doctor who says, who has referred us, the reason she’s referred us is she has advised (eldest daughter) to go on the coil. To have a coil fitted so she can come off the pill. Erm but my reservations there were, I did say to her well the reason she has gone on the contraceptive pill, needs the contraceptive pill, is mainly for her periods and the pain because she’s not actually sexually active.

Interviewer: Yeah, it’s not about the contraception…

Participant: Yeah, so this doctor basically said to me, that’s fine because my main interest was I didn’t want (eldest daughter) to be put on the coil, or have a coil fitted and then going back to square one with all the pain, the heaviness again. But she said to me well some people it helps, some people it doesn’t. Well, getting back to your question I’m not sure, I don’t want it for (eldest daughter), I don't want her to have investigations done, I don’t want her to go through… but obviously if it’s gonna help in the long run then yes I spose.

Interviewer: Will you be with her if she does?

Participant: Obviously, obviously, yeah no doubt about it- well as long as she wants me there. If she doesn’t then that’s fine but I think she will (laughs).

Interviewer: OK, erm can I ask about the erm, any other treatments she’s had, we talked about painkillers and the pill, but what does she do at home say to relieve her pain?

Participant: OK, well right when she’s at home, OK, right well the first thing is a hot water bottle, maybe a hot drink sometimes because I just feel a nice hot drink…. Erm I have told her, or I used to tell her to lay down and put her legs up on the wall or lie on the floor and lift your legs up in the air. Oh we’ve had heat pads, I’ve bought heat pads, erm what else? Obviously pain killers…. Tryin’a think, tryin’a think… oh and I have actually said to her sometimes and we’ve even done this, to go out for a walk. I know sometimes you don’t always feel in that much pain but I have said to her that err because obviously she doesn’t do a lot of exercise, she never has- well they did used to go swimming regularly but then she gave that up erm when she went to secondary school so round about the same time she started her periods, erm but yeah I, I would say that to them because they do say, whether it’s right or wrong, they do say a little bit of exercise can help sometimes so we have gone out for a walk…

Interviewer: Do you find any of that has helped?

Participant: The painkillers sometimes, obviously when the pain was really, really bad it would go off, it would take off that real, I mean she used to be really cramped up, bring her legs right up into her stomach erm or she’d cry, she’d just be crying erm so the painkillers would, there would be a time when you can see her coming back to normality again I would say, when they’re in that distress and then all of a sudden they’ll get interested in the TV again and you know that the painkillers have kicked in and they’ve brought that level of pain down. Erm so yeah I think that would help, obviously hot water bottle, I think that does help, doesn’t take it away again but I think it helps them to relax, because a lot of it, I would say to the girls, I know it’s hard but when you’re in pain you tend to tense up you see and if you tense up then it makes it worse own there so I’d say to them you’ve got to try and relax, even breathing, if you do a few deep breathes it might help you to relax down here you know (points to lower abdomen).

Interviewer: Do they find it works when they do that?

Participant: Sometimes but maybe not for a long span, it will come back and you know, yeah or sitting with them just holding their- when they were really bad just holding their hand, stroking their face like a mother would do you know or erm yeah….

Interviewer: Erm, what do you think is the cause of the period pain? Do you have any ideas of what it might be?

Participant: OK, right well erm, through experience in the family (laughs) I do know that myself and other members of our family erm that I know have suffered an awful lot of pain and it turns out in the end that one person I know had fibroids, another one has had cysts, erm another one has had endometriosis, erm so there are causes out there. Now, I can’t say that any of those is what she has got, what could be growing inside of her, but we don’t know unless there are investigations to be done erm so again it could be, it could be something like that and because we’ve had all those sorts of things in the family I mean I’m not sure if it, if it makes you a higher risk if it is in the family, but it could well be that.

Interviewer: Have you spoken to your doctor about that?

Participant: Well my doctor knows it is in the family but he’s never sort of turned around and said perhaps we ought to do investigations to see if any of this is going on, all I’ve ever been told is that this is quite normal erm and I think to be honest with you, once she was put on the pill and it settled things down, that I, I get the impression that the doctor just thinks well OK she’s not in pain no more so that’s fair enough but she came off the pill a while ago and she was in… I had to go and pick her up from sixth form again because the pain was just (clicks fingers) back just like that so to me, that says there is something, something there maybe…

Interviewer: How does that make you feel about the future with her period pain?

Participant: Erm, OK right well, obviously we have the referral to the gynaecologist so I really am hoping that they will take it further and see if there’s anything erm and for her I mean if something does get found and it does get sorted, she’ll feel much better so for her future that’s better and hopefully she won’t have to be on the contraceptive pill because there are faults with being on the contraceptive pill for so long, it’s not good for your body either so obviously I do worry about that for her because you know, it’s got it’s downfalls for being on it for so long so I do worry about that for her but at this moment in time, I can’t see no other way until we go and see that gynaecologist and take it from there really.

Interviewer: Yeah, how do you, do you expect that she will erm continue to have pain into adulthood or do you think it will stop, what do you think about far into the future about that?

Participant: Well I hope it will stop for her, I hope that it will get sorted out and I hope that it will stop for her because obviously it does interfere with your life and I don’t want that for her obviously and you know, I mean yeah I would like something done about it so she can lead… well she does lead a normal life but it gets in the way when you know, when she’s not on the pill it’s got in the way and so yeah I do want it to get cleared up or get sorted or something to be resolved about it for her so she, she, she’s happy and she enjoys herself better.

Interviewer: OK, can we now discuss the effect of period pain on (eldest daughter)’s life?

Participant: Yeah

Interviewer: Erm, so you’ve mentioned about school attendance, she had to take a lot of time off. How did that make you feel when she had to take a lot of time off?

Participant: Well, erm, right OK, from when, from my point of view as regards (eldest daughter), because she would worry about it, I would say to her well you know, you can’t go in, you’re in, you’re in this state, how, how can you go into school when you’re in pain, it’s not fair, I can’t, I can’t make you go in, no so don’t feel guilty, it’s not your fault that this is happening. Obviously I was worried because she’s a bright girl, she likes school as I’ve said before and she had no, no reservations about going into school so obviously I was worried about her in that respect because she wanted to see her friends, she wanted to go and thinking you know, this again, this month, and she’s got time off again….

Interviewer: How were the school about time off as well?

Participant: I don’t think, no the school erm, we had a couple of incidences, I don’t think the school, as far as girls are concerned with their periods, I don’t think their educated, I don’t think they’re sympathetic enough. I mean I know there might be some girls who go in and say no I don’t wanna do PE, can I have the time off, you know there might be some girls out there that do that, but there are those who are truly suffering like my daughter and that would affect her life because there would be certain teachers that she wouldn’t want to tell because they give them grief, you know they just turn around and say like well that’s not good enough, that’s not a reason not to be joining in PE or that’s not a reason to have time off school. And that would make me angry, that would make me so angry because there was one incidence where I actually spoke to- my daughter was in school and because she didn’t want to tell the teachers she texted me to say I’ve got pains, I’m in real bad pain, erm cause what they do at the school, if they’re not well, they have to go to the office and the office ask them what’s wrong and if it’s a period pain, they’ll say to them go back to class, it’s not a reason to be in the medical room, if they have to take a tablet, they have to go to the medical room to take it erm and I, there was this one teacher, she text me to say mum I need to come home, I’m so bad, you know so I said OK get your stuff together and I’ll come and collect you. She said but the teachers won’t and I said yes they will just get your stuff ready, I’m coming to collect you. Well the next thing, she must have got caught or the teacher must have said where are you going and erm she said my mum’s coming to pick me up, so she said why is she coming to pick you up, because I’m not well- what’s wrong with you, because I’ve got stomach pains and the teacher turned round and said to her, is it period and she said yes and she said well that’s not a reason to be going home. So then the teacher made her sit and wait and she phoned me and I was at work and I got this phone call and she said erm, does she need to take a tablet and I said look, I said no disrespect to you but I know my daughter, I know how she gets and if she tells me she’s in pain and she can’t be at school then I am coming to collect her. Erm you know so, as regards, there, there does need to be a lot more education on this you know regarding schools, maybe work places as well because, and also it’s quite personal for a, for a woman, they don’t want to always, if they’ve got a male boss or a male teacher, they don’t want to discuss periods to them so, so yeah I think there could be a lot more help and sympathetic towards them.

Interviewer: How, how, how is the school in general about (eldest daughter)’s attendance?

Participant: Yeah, I don’t think erm, I don’t think I ever got called up about her attendance, what happens is, they have like end of summer reports and on the reports, they will put a comment if they’ve missed a lot of school and they have a percentage that they would like them to meet of attendance, and (eldest daughter)’s was always below and sometimes I think she did get a comment to say, she’s had rather a lot of time out of school erm and all I, I, I wouldn’t say anything to the teachers I would just make sure (eldest daughter) felt OK about that on her report, I would just say to her don’t worry about that but you know yes they would comment. I don’t think I ever got a phone call to say about the amount of time erm that she’d had out of school. Erm maybe there was one time when she’d, she’d had a virus as well I think she had and I’d gone up the school to explain to them and they sort of commented somebody, I think it was palliative care lady, she commented that she’s had rather a lot of time, and I sort of amplified it to her and said she’s suffering at the moment, she’s under the doctors at the moment, and she was OK about it. But other than that, no I don't think they ever called me or anything like that.

Interviewer: How about, do you think it’s affected her school performance at all or?

Participant: OK erm, well going back to the first couple of years when she was really bad at secondary school, no because she is quite a bright girl and as I say, she enjoyed her subjects so she would always catch up, and whenever I would go to the meetings, the, not the open evenings, the consultations with the teachers erm, she wouldn’t, I don't think anyone’s ever sort of said to me that erm, they were concerned about her work because of the amount of time that she’s had out

Interviewer: Yeah

Participant: So, along those lines we, we didn't really have any concerns but, that’s not saying that for other people, I mean there might be someone that will sort of, you know, we were lucky I think because (eldest daughter), she kept on top of everything erm when she was at school and I don't think, well her grades, I mean she got good grades so erm yeah so we were quite pleased throughout secondary school so she did sort of keep on top of it

Interviewer: Yeah. Did she take time out during every period or was it erm…

Participant: Before she went on the pill erm I would say more, majority yeah I would say about 70% I’d say that I think she did, or she would manage to go into school and then I would get a phone call, a phone call to say can you come and pick her up but she’d say that she felt sick or something, she wouldn’t tell them the truth. Because obviously what I’ve just said to you that they don't you know, you know that must be worrying for girls when they’re in school that they can’t actually tell the truth, they have to lie to, to sort of get home because they don’t feel well

Interviewer: Yeah

Participant: It’s not right is is…

Interviewer: No, erm, when she did have time off did she erm, how long would she normally take? Like a day or two or..

Participant: Yeah, I’d say a day or two, definitely a day or two

Interviewer: OK, so how about, did it affect her activities of daily living so, erm the things that she would normally do?

Participant: Yeah cause I mean, yeah because she’d be down on the settee, down on the settee erm and sort of yeah, when the pain was really bad she couldn’t do anything else so you know she’d be out on the settee, like I say you know she’d just take her painkillers, hot water bottle, we’d have to continually keep filling it up and continually putting it on there erm so yeah I, I would say that yeah it would interfere. Definitely.

Interviewer: And how about, you said that she stopped swimming around the same time, was that a reason or was it just that she didn’t want to do it?

Participant: No I think that was to do with the way she felt about herself because obviously when they’re going to secondary school their little bodies start changing and I just think that she, she gone a certain way into her swimming anyway that she was happy with, content with, she’d gone so far with her certificates and she was happy with that and she actually made the decision herself. I don’t think that was anything to do with periods erm, I just think that that was to do with herself that she was growing up a little bit and you know whether, whether that would help, would have helped her carrying on, that little bit of exercise who knows but errr….

Interviewer: Yeah, and how about any other like hobbies and things that she enjoys doing?

Participant: Errr to be honest with you she’s not a very sporty girl, erm, she’s not a very energetic girl erm now, (eldest daughter)’s more inclined to, she loves her books, reading erm so that’s something that she can sit and do erm, she loves reading. Erm she loves or she used to love writing stories, doing a lot of writing at home, writing stories, computer… so they’re all sort of things where she can sit and do erm… yeah she would like to go out for a walk now and again and she would do that but obviously going way back when she had all this pain erm, we only ever did it once or twice I think when she could manage to get out and have a little walk.

Interviewer: Yeah, so not really the type of hobbies that would be affected by…

Participant: No, oh no those type of hobbies that she’s got, definitely no.

Interviewer: So it didn’t affect her concentration or anything like that?

Participant: When she was in a lot of pain, she had a real bad pain then she wouldn’t feel like doing anything, I don’t think she would pick up a book, she wouldn’t, she wouldn’t go up to her room and, and sit and do a bit of writing she’d just want to be on the settee and just focus on getting rid of the pain um so yeah, I suppose it would affect, it would affect it.

Interviewer: So based on severity?

Participant: Yeah, yeah

Interviewer: OK, has it affected her friendships at all?

Participant: No, I don’t think so no, erm because (eldest daughter), her little, she’s got like a little group of friends and they’re all quite close and they’ve all been quite open with each other about their periods and it’s quite nice because yeah they would talk to one another so erm and she did have another friend that suffered too, so that was quite nice that they had each other to talk to about it so that was good but no, I don’t think it ever affected erm no, it didn’t get in the way of friends.

Interviewer: OK, how about her sibling relationship?

Participant: OK she does yeah, she’s got a younger sister and erm yes, I mean erm, her younger sister obviously wouldn’t understand what she was going through and it did cause arguments, it id cause a bit of friction between them erm because obviously with (eldest daughter) when she was in pain or when she was suffering, erm I think, I have felt that I was the only person really that could talk to her erm, she didn’t really want to talk to her dad or she wouldn’t want to have conversation with her dad and I think the same with her sister. Because her sister erm, there’s 4 years between them and I just felt that erm her sister didn’t really understand what she was going through or she felt that you know, why should she understand what she’s going through cause at that point she hadn’t experienced periods herself so erm, she would just see (eldest daughter) laid out on the settee erm, she’s taken a couple of paracetamol and she’s not feeling well so she would expect her to be normal and everything so she didn't really understand so yeah there were times when it would cause her to have friction with her and it might cause a little bit of, and you know I would have to sort of step in and try to explain to her younger sister look, just leave her be and she might say you know, she’s ratty, you know she’s snapped at me, she’s having a go at me, and I’d have to sort of say to her yeah but you know, and I think I’d even sort of say to her that there will be a time when you’ll sort of be able to understand it a bit better you know, erm and likewise with (eldest daughter), I would say to her, she’d always say like I’m not doing anything or why can’t I just be left alone and I’d say to her yeah but you’ve got to sort of meet in the middle, you’re downstairs on the settee, she’s come in from school, this is where she wants to be too you know erm, that’s fine that you’re not well but she’s younger, she doesn’t understand erm yeah so it, it, it did sort of cause erm a couple of little arguments and err between each other (laughs)

Interviewer: How about now, has that changed at all?

Participant: Erm, yes it has but it’s on the other foot now because (eldest daughter) is obviously on the contraceptive pill so (eldest daughter)’s periods are OK now so she doesn’t suffer but now I’ve got it with my younger daughter so obviously it’s the other way round

Interviewer: Can you, generally just let me know how is (youngest daughter)’s health?

Participant: Ermm, right OK, erm, (youngest daughter)’s health…. No she’s OK isn’t she, she seems, no she’s OK, erm she suffers from bad acne, I’m not sure if you mean that but..

Interviewer: Anything at all…

Participant: Yeah, she suffers from bad acne and err that does affect her. Again, don’t know whether that’s to do with periods erm, hormonal, erm but yeah, she’s she’s quite um, quite bad with that really.

Interviewer: OK, so has she had any investigations or anything like that?

Participant: No, no.

Interviewer: OK, so can you tell me about the other things that (youngest daughter) does to relieve her pain?

Participant: OK well, we tend to go along the same route again, she has a hot water bottle that comes out every time. Erm, these tablets that we’ve now found that, they seem to work quick as well, that’s the other thing because obviously when they’re rolled up in pain, just, they wanna take something and they want it to work straight away, they’re saying oh it’s not working, it’s not working so obviously the pain relief we do erm, and that’s it really and yeah yeah, sometimes she’ll have a warm bath, she might go and have a warm, but that again err, because of her heaviness, she wants to have a warm bath but she sort of says how can I get in and, you know, we’ve tried it a few times but, it’s quite, yeah it is difficult. Erm, so again, has she been given any cause or a diagnosis or anything?

Participant: No, we’ve been told by the doctors that this is quite normal when they start their periods erm, some people will just start being regular each month and just carry on like that, some will start regular and come off course and become irregular but it will settle down.

Interviewer: OK and erm, again with (youngest daughter), has it affected her school attendance or anything like that?

Participant: Yes absolutely, erm yeah she’s had quite a bit of time off and I’ve had to sort of leave work where I get a phone call from her or a text from her to say can you come and pick me up from school, same sort of thing as my older daughter, the difficulty in, because I’ve just resulted in now just saying to her, don’t go and tell the teacher just text me if you need to come home and I will come and get you and I will talk to the teacher you know rather than they have the worry. If they’re not well, in pain with all that erm, so yeah she has had time off for it. I mean she tries, she does try bless her erm but she, she’s had to have time off bless her and a couple of accidents we’ve had too where I’ve had to go down. She’ll text me and say I’ve come through and obviously I’ve had to come down and take her discretely a change of clothing.

Interviewer: And um, you said she tries to go in, when she does go in erm do you know if it affects how she is at school and do you know if it affects her day?

Participant: Yeah, she’ll come home and she’ll tell me, I mean if she’s stayed in. Again, my younger daughter’s got erm a close knit of friends, there’s about 4 or 5 of them, and again they’re all quite open about it, they’ve all got their periods and their quite open and they help one another erm so and again she does like school so yeah so the only time it would affect I would say is if she’s in a lesson and she’s trying to get on and she really can’t erm, she might try and take a pill or a tablet, cause she, she has them in her bag the whole time, I give them to her so that she’s got them on her because of this 2 weekly thing, obviously she just had tablets in her bag because of that and erm yeah sometimes she’s got in trouble with the teacher if she’s been seen taking a tablet and so, yeah there has been a couple of times when she said she’s just had her head on the desk where she, you know. Her teacher might, there might be the odd one who will turn around and say (youngest daughter) do you need to go out the classroom erm, are you not feeling well. There might have been the odd occasion where she’s said that, that the teacher’s been quite good but er yeah but so it has, it has now and again, it has affected obviously her schooling yeah.

Interviewer: Do they go to the same school your daughters?

Participant: They did yeah, cause (eldest daughter), she’s at sixth form now but she did used to go to the same school that (youngest daughter) goes to now.

Interviewer: And did (youngest daughter), did she have the same issues with telling the teachers and…

Participant: Yes she does but again there has been an incidence where she had a male teacher erm she, she got the period pains and she’d taken her tablets but she had PE and it was a male teacher and I actually, what I do sometimes is I give her a note and what she’ll do is, she won’t always use the note but it’s there if she needs it so she’d actually given him this note and he was fine by this note. He had on it stomach, stomach pains, erm and he said to her that’s fine and he said do you wanna help me and he even got her involved helping him do a few bits and then a lady teacher come along and said to her why you not in your PE kit and she said because I’m not doing it, I’m not well , and the lady teacher turned round and said what is wrong with you and she said I’ve got stomach pains, I’ve given mr whoever it was a note miss and she turned round she said well that’s not a good reason, that’s not a good enough reason to not be doing PE, PE’s good for you when you’re in, when you’re in pain, when you’ve got stomach pains, and I was very, very upset by that when I err…. So again you’ve got some teachers that, I always say to my girls that I find that when the teachers, when they are a little bit sympathetic that they’ve obviously either got children who have gone through it or they’ve gone through it themselves erm but you know, when you’ve got the other people who are not then they haven't experienced it, they fly through it and they think come on you know erm, so again yes we’ve had a few incidences with her as well erm, and yeah I don’t think it worries her cause like I say she’s a bit more bulshey than (elder daughter) (laughs).

Interviewer: OK so erm, err do you think it’s affected (youngest daughter) in what she does in the day…

Participant: Yeah it has done before now obviously, again if she’s arranged to go out with friends there’s been a couple of instances where she hasn’t wanted to go and again with sleepovers with friends erm, she hasn’t gone erm because of it erm because obviously she’s frightened that, she’s always got that on her mind erm and again I would say my younger daughter isn’t very sporty so she doesn’t really do any sports as such so no, it doesn’t affect that side of things erm but err yeah so yeah, I can’t really say that it affects anything sporty that they do (laughs).

Interviewer: (laughs) OK, so err you mentioned before about sibling relationships and how with (eldest daughter) it was erm because she experienced pain first and then (youngest daughter) couldn’t really understand, do you think that they provide each other a social support now that they’ve both been through it?

Participant: Yes I do, I, at this moment in time yes I do erm because (youngest daughter) has grown up that little bit now and obviously because she’s experiencing what she’s experiencing right now, she does understand. The thing that sometimes they don't understand, they understand fully when one of them’s got the pain and they’re quite good to one another, erm and it’s like with the heating up of the hot water bottles you know, no problem, they’ll do it, they’ll help or getting tablets or anything erm but when they’re a little bit ratty they don’t always understand that and we sometimes have a little bit of conflict the with em. But then afterwards they’ll understand and they’ll apologise but I spose that’s where they’ve both grown up, they’ve both grown up and when you’re not feeling well I spose, you know you don’t, you don’t always understand what your saying or how it’s coming out do you so yeah, no I would definitely say that socially, both of them, they do help one another and they do understand more now so…

Interviewer: Yeah, OK do you think it impacts on how (youngest daughter) feels about herself?

Participant: Erm I would say more no than yes because of the person that she is, the personality that she’s got, she’s quite a hardy girl erm, she’ll try and deal with things, she’s quite erm you know, she’ll take on anything and she’ll try and deal with stuff herself erm I’m quite proud of her for that actually erm the only time I would say a little, obviously is I spose when she’s had the sleepover offers and she’s thought to herself well I can’t, I can’t can I, I can’t go and she gets, it affects her in that way, she gets a little bit of the ump and you know she, I can’t remember what the question was again sorry…

Interviewer: Oh no it’s OK, it was about how she feels about herself…

Participant: Oh, about herself erm yes I think it does, the little bit of me that thinks that it does is because she’s so heavy erm and because the age that’s she’s at obviously erm because of erm, I don’t know if I’m to say this but, because she’s got her periods and because she’s so heavy erm because of the sanitary towels that she has to wear which are huge now, young girl, in a school that age, erm, so yes if she had the choice she’d probably turn round and say I wish I couldn’t, I wish I didn’t, cause it must be awful walking around like that erm and it must be awful erm and so yeah I do think it affects how she feels about herself erm yeah in that respect and because of the heaviness and erm, she does, she does get fed up with the pain, she does erm, I think now that it’s sort of coming once a month, she’s having like a bit more of a breather but when it was every 2 weeks it was just non-stop, it felt to her like it was non-stop and it did get her down but because of the way she is, the personality that she is, like she doesn’t bear a grudge for too long (youngest daughter), she forgets, she forgets things quick so she can sort of you know shuffle out of it.

Interviewer: Is that different to the way (eldest daughter) copes?

Participant: Absolutely erm yeah erm yeah (eldest daughter) is the type, I think she takes after me, she worries about things, she does worry, worry and even little things she’ll worry about so erm with (youngest daughter) she can sort of, she can brush it off, and erm even if something is getting her down a wee bit she won’t admit it erm and like I say it’s not for too long then she moves on and she’s OK so…

Interviewer: OK so do you think that, you mentioned how the pain impact on (youngest daughters) life, has that, has that changed since she’s found these painkillers and they’ve started to become quite effective?

Participant: Yes, yes, I think so absolutely because when obviously she was going through it and it was every 2 weeks, that must seem like always, always, always and obviously when erm, when you’re bedding and she has to say oh sorry mum my bedding’s dirty again or, she has to keep changing like she comes home, gets changed from school into her night ware and then she’ll go upstairs and she’ll say I’m sorry mum, I’ve you know so yes, then it seemed to be continual, pain all the time everything but now, looking at it now, now she’s got the pain relief that she feels happy with erm and it’s gone to once a month, I think she feels more like other people now, like her little friendship group cause I don’t think in her little friendship groups, I think there’s one other girl that I think really suffers, seems to suffer with pain but the others seem to get on alright with it um but I think she feels more at their level now, same as them but it was hard. That time when she was, it was hard but again you wanna take it away, you wanna say to them it’s not gonna be like this forever but you know you don’t know, you don’t know but yeah I do think that she feels erm, she feels a bit more normal now shall we say.

Interviewer: OK, so now I’m gonna ask about how, how your daughters pain, both of your daughters pain, how it affects your life? So you were talking before about erm sleep, so (eldest daughter) getting up in the night, so can you tell me a little bit more about that, about how it affects you?

Participant: Yeah well erm obviously because erm, with (eldest daughter), she was regular so obviously we knew and with the diary thing that I said to you like it’s best to keep a diary, best to keep track of things and note it all down, obviously we kind of knew when it would be coming about and you do get apprehensive and as a mum you do because you know exactly what you’re in for you know and seeing her and, and, and each and every month I used to think maybe this month it might not be as bad, maybe it might start settling down, maybe you know she won’t be as bad, she won’t have to miss school, you know and you say that to them to try and think, give them a little bit of enthusiasm about it, maybe it won’t be as bad but then when it would come around, the same thing would happen like em erm, it all depended on when she’d get her period, if she’d get it in the night then yeah she’d call, call for me and I think I’m a very light sleeper anyway so I’d always wake up or she’d come in to me and say mum I got bad pain, quick shoot out of bed and I’d say to her right go get back in bed or do you wanna come down with me, sometimes she’d stay in bed where she’d say I gotta try and get in a comfortable position and I’d try and go straight down, get the tablets, get the hot water thing, come back up, put that straight on, come on take these tablets and just sit with her basically until it kind of calmed down a bit you know, same with (eldest), you just, you just automatically you know, you do all of the bits that you need to do you know and I think even sometimes with (eldest daughter) she used to say you know in a way that she felt sick but I used to say to her you gotta calm down because she would get herself in a state and you know just try and talk to her, talk to her and rub her hand and whatever or, or rub her somewhere to try and calm her down because I used to say to them you’re getting uptight and you’re feeling uptight so it’s gonna make it hurt all the more erm but yeah I mean as a mum you, you do whatever necessary so if you gotta get up, and it was, mind you the pair of them, they would never complain about losing sleep, they would never- if they got up in the morning and they’d say to me right as long as I can take my tablets and you know erm they might say I’m gonna try and go to school you know they wouldn’t complain and say you know I was up half the night wasn’t I, I’ve lost sleep and you know they wouldn’t complain about that erm…

Interviewer: How would you feel the morning after if you hadn’t had a really good nights sleep because….

Participant: Used to it, when you’re a mum and you know, you do get used to things like that and being a light sleeper as I am, a very light sleeper erm you kinda just, it’s built in, you get used to it, you get used to it and you know I, I just used to say to em if, if one, if a couple of us had been up, I’d say to em right we’ll have a nice early night tonight you know, do a hot chocolate and we’ll have a nice early night or we’ll cuddle up in the bed together and try to get them to try and makeup for that little bit of sleep you know but yeah I, I just go along with it, you have to you know, if they needed to be up, they needed to be up and I wouldn’t leave them until they felt, you know felt OK or out of pain you know to go back to sleep so… yeah.

Interviewer: OK can I ask has it affected your social life in anyway where you’ve had to stay home?

Participant: Oh yeah where I’ve missed work, where I’ve had to miss work, my older daughter, the one whose a bit more sensitive erm yeah sometimes she used to get panicky with the pain and sometimes she’d think she was gonna be sick or erm so obviously she wouldn’t like to be left alone erm and so yeah often enough I would have to call in work, I’d miss my work erm just to sort of be with them erm, (youngest daughter) is a little bit more erm, yeah, as long as, I think when she was at the height of her pain I think she’d want you there but then once she’d had a couple of tablets, you know I think she’d know how those tablets work so she knew that once she took the right tablets that erm things would… erm….once she knew that she took those tablets it was like a security thing with her, it’s like she knew they would touch the pain, they would bring it down and she’d be OK so, with her, not so much time that I’d have to take cause she wouldn’t mind sort of being left, I only work like an hour or two anyway you know I don’t, but I did with (eldest daughter), I’d often be called and I’d say right I’m coming so yeah you know you just drop everything and that’s it don't you so (laughs)

Interviewer: And how did that make you feel when you had to drop everything?

Participant: Nothing really, all I’d want to do is just get home, reassure them, be there, just get to em and do my what I’ve got to do to help them make em feel better and if they wanted me to stay with them then stay with them and yeah because you, you don't want them like that, you don’t want em to feel scared, you don’t want em you know so all you wanna do is just try and make things better for em however you can and you know if that means sitting by them talking to them, then that’s what you do if you, you know, absolutely no, it’s just straight there to em, get to em as quick as you can and that’s it (laughs).

Interviewer: OK, and how about your bosses and things like that, were they OK?

Participant: Well fortunately because I only do a bit of part-time work erm my, my bosses, they’re my friends also erm and they are very, very good and all of them have been very, very good erm and they do know that I will make up the time which I have done in the past and if I had to phone in the morning and say that I had a couple of hours work, phone up and say you know, I can’t come in, I would give them the reason and then I would offer to go in, my sort of jobs are that I can go in another day and that’s what I would do I would work round it and try not to let them down obviously so yeah, so that, that’s all worked out OK in my sort of little job that I do but I believe that some, it might not be as easy for some people, I should imagine it becomes quite, it’s an issue I would’ve thought but no I’m quite lucky in that respect so as I say, all my clients are friends and I, I can sort of go in another time and make up the time and that’s what I’ve done.

Interviewer: OK, so how about family activities?

Participant: What as regards to has it affected?

Interviewer: Yeah your ability to engage in family activities.

Participant: Right OK, yes I suppose it has affected erm there’s been like Christmas time, Christmas time where we may have been at family’s and we’ve had to come home obviously erm, what else, erm, yes we had, we’ve had to come home if one of them hasn’t been well because they obviously feel uncomfortable and in pain or we need to come home erm and yeah, another thing that kind of it affects, it's the family holidays. My two girls erm they, they do always think about that, family holidays because obviously you’re on the beach or you’re in swimming pools a lot and that’s the first thing, well one of the first things that they’ll work out, they’ll work out oh, and it’s like Christmas time this year, I’ll be honest with you, my youngest one, she’s now worked out she’s going to have her round about Christmas and she’s not looking forward to it erm so yeah it does, it does and you know you can’t take it away, you can’t shift it about for em, and you, you don’t want them going through that and thinking oh but it’s gonna spoil that you know but yeah they, they do they both think about different things, I can’t say everything that they’ve said now but there has been occasions when they've worked it out and they say mum I’m gonna have my period then and I can’t or you know so yes, yes definitely it has affected and yeah you feel for em, it’s not fair you know but then you think everybody has to go through it all females, it must affect em one way or another you know erm but, yeah it must be awful for them because they know how they get so they’re always aware of that and they’re always looking at the future and thinking if they’ve got anything planned for the future, like I say with our holidays, that’s one of the first things they do, they work it out, amI gonna be like that. And there was an occasion, yes there was, we had a wedding and we went the day before the wedding and on the morning of the wedding, early hours, erm because I was obviously, we had 2 rooms, we were staying in a hotel and I was obviously with their dad in one room and the girls were staying with their nan in another room and I got a knock very early on the morning of the wedding to say (youngest daughter) wasn’t well and she’d, when she’d packed her case, she’d packed all her towels, all her pills, everything cause she knew she was due, and her worst nightmare, she came on the morning of the wedding, and she was upset, really upset cause she had a pretty dress to wear so yes it does, it definitely does affect social events.

Interviewer: And for you, you said about having to leave things early and things like that, how dodes that make you feel, you know that you’ve got to, you and your partner have got to leave early or you’ve got to take the girls back or…

Participant: Oh, I don’t feel anything about that, all I, it doesn’t matter to me, as long as obviously if you’re in the situation, you explain the situation and you, you hope that people understand but nothing else matters than to get them home and make sure they’re comfortable and that they feel alright so no I’m not bothered, I’m not bothered about missing anything, not turning up to anything.

Interviewer: Does it impact on your relationships with the girls or your partners relationship with the girls?

Participant: Err with their relationship with their dad, erm right, with my older daughter like I said before she erm, she doesn’t openly speak about it with her dad but if she is like it, if she’s on her period, she might sort of say to him I’m on my period and that’s as far as it goes. With the little one, with the younger one, she’s quite open about everything and I think with him, he does understand, he doesn’t understand the side of it where they might be ratty or they might snap, he doesn’t understand that side of it at all and quite often I have to say to him quietly erm they’ve been in a lot of pain this morning so go steady or I have to sort of let him know that so that, if they’ve done something wrong and he gets a bit you know and he’s gonna have a go at em or something then I’ll step in and sort of say to him you know look, he on the other hand he has grown up with a large family and he had a lot of sisters so he does understand about it, he’s quite open about it, he doesn't mind going up the shops and buying sanitary towels if need be, he doesn't feel embarrassed about anything like that erm cause he’s kind of grown up with it so I suppose in a way that helps them that he’s a little bit open about it as well erm but yeah so erm yeah I think that was it was it?

Interviewer: Yeah, what about your relationship with the girls?

Participant: Oh yeah erm absolutely quite open erm, I want them to sort of grow up being quite open with me because I was with my mum and you know I will say this forever that it helped me an awful awful lot being so open with my mum and feeling that I could be open with her and that’s how I want to be with my two girls, but I also have other members of the family, who are not their direct family in this household erm and I, I , I say to them that if there’s something that you don’t want to, for whatever reason that you can go to these other members of the family and I think they both know that and there’s been one or two maybe instances that they have and that’s absolutely fine and I feel good about that because I would never ever ever to feel that they have to keep anything inside that's worrying them or they feel that’s a bit naughty or for whatever reason that they can't talk to me or their dad about it that they would go to these other little members of the family that they feel close to that they can talk to so no, I I’m quite happy with the way they are erm, our relationship that we’ve got so yeah I, I, I think that I’ve helped them, I hope that I’ve helped them and you know so we are all quite open and that’s important.

Interviewer: OK, can I ask how has it affected your stress levels do you think?

Participant: Well me as a person, I am a worrier. Erm and I do get stressed out. I can’t help it, it’s the way I am erm and yes I, I have been stressed out with the pair of them over this particular subject, their periods but what’s helped me as I’ve said before that we have got a history of bad periods in our family for whatever reasons so I have been kind of brought up with it myself erm so erm I feel that I kind of know, kind of what they’re going through so I know the ways in which I can help them.

Interviewer: So that helps you cope with…

Participant: Yeah it does but then but see there are times, getting back to the stress bit, there are times when I have got stressed out and I basically get on the phone to my mum (laughs) so it kind of goes down the ladder or up the ladder you know there has been times when I’ve had to phone my mum and even though I might be reassuring the girls or saying to the girls this is fine, this is normal or you know I’d have to secretly get on the phone to my mum and say mum this is happening, is this normal or do you think I’ve done the right thing phoning the doctors again you know so yeah I, I kind of lean on my mum which helps me but yeah stress, I have got stressed out with it and I have gone to bed and it’s been there in my head, I’ve not been able to get it out of my head but you know, that’s what you have to do, it comes as being a mum and that’s what you have to get on, get on and do.

Interviewer: You say your mum is a big support to you, how about your partner when you’re feeling stressed, do you turn to him or…

Participant: No, it is mostly my mum, myself and my partner, we, we’ve got different personalities and we deal with things in a completely different way erm, we’re made up completely different. Whereas I can talk, I like to talk (as you probably guessed, laughs), I like to talk and I like to get things out by talking and I think I’ve learnt to be a good listener, maybe years ago I wasn’t but I, I think I’ve learnt to be a good listener now and, and I find that, no we don’t talk a lot, we don’t talk a lot, I mean if the girls are eill with their periods I might have said before, I might remind him, cause he might come in and he’s not aware of it obviously and so sometimes I have to make him aware of that because sometimes one of them might be a bit ratty and he might tell them off for being, and I just have to say to him well look you know, so yeah, but no I wouldn’t turn to him yeah, it’s straight to my mum.

Interviewer: OK, erm so you talked about how sometimes it affects your ability to go to work, how about any other sort of activities in your life?

Participants: Well to be honest, what activities that I do?

Interviewer: Yeah, anything like chores or hobbies or…

Participant: Oh well yeah I suppose so, say like either of the girls, if they’ve bene home like and if I’m home at that point if I’m not at work then erm obviously housework and such erm you know sometimes you know, if, if they’re at their height with the pain and everything I’ve often had to stay sitting with them and not go off and do my bit of housework and what I might have done is when they’ve took their painkillers, sometimes they drift off to sleep and then I might creep off and do what I’ve gotta do ermmmm let me think, in the respect of, if I’ve been due to go out erm and they’ve not been well and their dad’s been good in that respect, if he’s here then he will stay with them but if they’ve turned around and, there’s been the odd occasion where they’ve said mum I want you to stay then I would do that, I’ve done that, I’ve stayed erm so yeah I suppose it has affected erm but when you’re in a partnership, we have worked together in that respect, myself and their father, if it’s been an evening and their OK as long as one parent’s with them then you know, he will sort of stay and I’ve gone so it might not have affected that time but there has been times when it hass, when I’ve said no I’m not going or you know…

Interviewer: And how do you feel when that happens?

Participant: No it’s fine, it’s absolutely OK, yeah no, no fine.

Interviewer: And how about if (partner) has to stay in, is he OK with that?

Participant: Yeah I mean he’s, you know, he, sometimes it worries me if that’s happened cause like if I have gone out, there’s been you know there might be a time when I have to text em, the girls and say are you OK, just to make sure because erm (partner) being here, he’ll just sit and watch TV whereas sometimes one of em might wanna cuddle up to you and erm, he might not, they might not feel that they might not wanna say that to him and he might not automatically but me personally, I get the signs with em you see, I get the signs with the girls, especially with the younger one, she gets very cuddly when she’s like it, she wants lots of cuddles so you know, you know, you just know that she needs lots of cuddles at that time and you know, if it makes it feel better so yeah, sometimes I might feel a little bit if, if I have gone out, I might think oh you know, and there has been an odd occasion with the older one when I have gone out and I’ll get a text to say when are you coming home so yeah you know, that to me sort of straight away says I want you home like you know I need you or whatever so yeah there has been the odd occasion on that as well.

Interviewer: And what would you do, would you come home?

Participant: Yeah I mean, yeah I mean again that’s it, only needs one word to say and you know and that’s it you, you come home, nothings said about it really.

Interviewer: OK, is there anything that we haven’t covered that you’d like to talk about?

Participant: (pause) erm…. (pause) no, no, no, I think we’ve more or less covered everything erm, I think we have, it feels like we have erm, yeah. Yeah I think so, I think so.

Interviewer: Well, thank you very much (name)

Participant: That’s OK

Interviewer: What you said has been very helpful and is it OK to stop the recording now?

Participant: Yeah that’s fine

Interviewer: OK.