

# Parents of Classmates - Sample Letter (Adapt for your child)

Dear Parents,

**[Child's name]** is a classmate of your child. She/he has a rare condition called PKU (phenylketonuria), which means her/his body cannot break down the protein from food in the usual way. PKU is an inherited condition she/he has had from birth. It is neither infectious nor contagious.

You have probably never met anyone with PKU, although all babies are tested for it at birth. Children with PKU are very normal and no different from any other child. The only way you would know they have PKU is from the type of food they eat. [Your child's name] won't be eating many of the foods your child eats, and it may even seem she/he eats unhealthily. Each day we carefully measure and keep track of the protein in the food she/he eats.

Children (and adults) with PKU can't eat red meat, fish, chicken, eggs, milk, beans or nuts. They eat a lot of fruit and vegetables, special prescription bread and pasta, and they take a protein supplement every day to make up for what they don't get from the foods other people eat. It is essential that they follow their diet carefully. When a child with diabetes or a food allergy eats the wrong food there is an immediate reaction. However, if a child with PKU eats the wrong food the problems happen over a long period of time.

We are used to providing most of what she/he eats wherever she/he goes. If you would like her/him to come and play or go to a party, we'll be happy to talk to you about what food to give her/him. We also know how to feed a child without PKU!

Kind regards

**[Your name]**

**[Your phone number]**