

## Taking your ED children on holiday

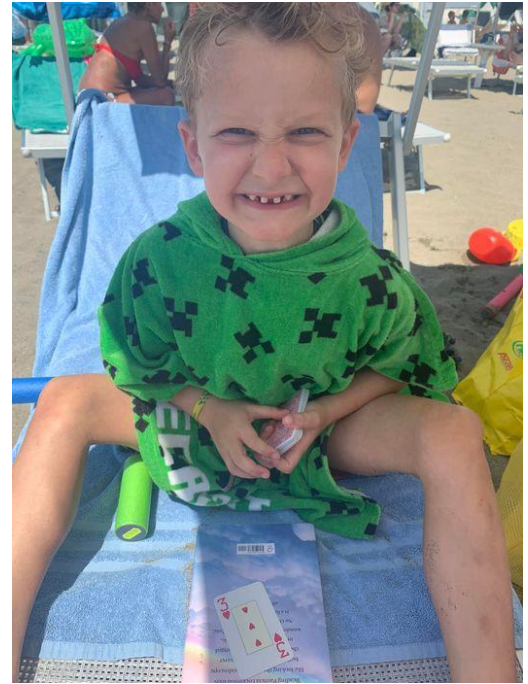
Hello all!

For those who are wondering about taking their child with ED on a warm holiday, here's our experience.....

We have been in Italy for two weeks in 36–40-degree heat; city, pool, and beach. Wills needed a big hat, fan, and a constantly wet t-shirt in the city.

At the beach and in the pool, we managed to keep him cool with a swimming top, BUT this made his underarm sore and he needed to have skin in the sun time which we made sure was closer to the evening.

Travel in heat is, for us, totally doable, but with gallons of iced water, ducking constantly into air-conditioned shops and by the family all taking care of Wills.



## Supporting a normal lifestyle

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