**Breakfast with Dylan-Nina’s day, transcribed**

Good morning

I just wanted to share with you how I make my son’s breakfast in the morning as a blind mother.

10 sec So here we’ve got..

So, Dylan helps me in the morning, he chooses his cereal which today he has chosen rice krispies and we are going to have some warm milk with it.

21 sec He also wants orange juice.

30 sec So we’ve got everything out ready, and Dylan helps out with this.

And I also got a milkman recently, which I love, the only problem is they come in glass bottles and they are the same shape!

40 sec So as a blind person I don’t know the difference between them, and I made that mistake once before and put orange juice on the cereal so

50 sec Since I bought these bands from the RNIB and on each band there is a different shape so on this one it’s got little lines, so I just put that on the orange juice.

1 min so I know the one I put the band on with the lines is the orange juice.

And that the one without is the milk, so we won’t make that mistake twice.

1 min, 10 sec So what we do then, if I just warm the milk up for him, for his rice krispies.

1 min 23 sec Just pour a little bit into a bowl. I use my finger just to feel the level of where the milk is going to.

1 min 30 sec So I don’t over pour. And then I am going to put it in my microwave. I have a talking microwave from the RNIB.

(Microwave starts to speak as Nina continues speaking)

1 min 40 sec So its similar, like a normal microwave, apart from it talks! So if I set the temperature.

(Microwave continues to speak)

1 min 50 sec And then we then we select time.

(Microwave begins)

2 min 5 sec So that tells me

(Microwave says cancelled and door open)

2 min 20 sec Checking that its warm enough, and I just feel with my finger. Yeah, that’s warm enough.

2 min 30 sec And I just pour the rice krispies in and that’s breakfast in the morning.

Thanks