Helping Your Child Through Diarrhea

Your child may have diarrhea if he has more bowel movements than usual and they are loose and watery.

Watch For Warning Signs of Dehydration:

Diarrhea can make your child become “dried out” or dehydrated. Does your child have any of these warning signs?

- No urine (or wet diapers) for 8 hours [ Y ] [ N ]
- Dry lips [ Y ] [ N ]
- The inside of her mouth is dry or sticky [ Y ] [ N ]
- Dark colored urine [ Y ] [ N ]

If you answered yes to any or all of the above warning signs, call your doctor right away!

Quick Tips for Helping Your Child Through Diarrhea:

Infants:
- Do not stop breastfeeding. Breastfeed more often.
- If your baby is on formula, give it to her in smaller amounts more often during the day.
- Do not give your baby fruit juice or other sugary drinks, as they can make his diarrhea worse.

Children 12 months and older:
- Give your child plenty of water and other liquids to drink. Do not give her fruit juice or other sugary drinks, as they can make her diarrhea worse.
- Give your child the food he normally eats. Some kids like plain toast, crackers, and bananas when they are feeling sick.

Stop Diarrhea Before It Happens:
- Make sure everyone in the family washes their hands after using the toilet or changing diapers.
- Be sure to wash your hands before cooking and eating food or making a bottle.
- Be sure to follow the directions for mixing formula carefully and throw away any formula left after your baby eats.

Give Your Child Lots of Love and Attention When They Are Feeling Sick

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Helping Your Child Through Constipation

Your child may have constipation if he feels pain when he has a bowel movement. His bowel movements may also seem harder and smaller.

Four Tips For Helping Your Child Go To The Bathroom:

1. Give him foods with fiber.
2. Give him/her plenty of water.
   If your child is 6 months or older, you can give her up to 4 ounces of diluted apple, pear, white grape or prune juice a day.
3. Get your child up and moving.
   If you are potty training your child, make sure to give him plenty of time at the toilet at about the same time every day.
   Foods that are high in fiber help move food through your child’s body.

Try these tasty snacks!

- “Ants on a Log” - fill a celery stick with peanut butter and top with raisins*
- 100% whole wheat tortilla filled with beans
- sliced apples and pears
- 100% whole wheat toast with peanut butter*
- fresh carrots and broccoli with non-fat ranch dip
- cold cereal (Total or Bran Flakes) topped with fresh or frozen berries

* Peanut butter and raisins are a choking hazard for children under 5 years. Watch your child carefully if offering these foods.

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