

# Tummy Troubles

## Diarrhoea — Weaning, 6 Months +

### Are you worried your baby may have diarrhoea?

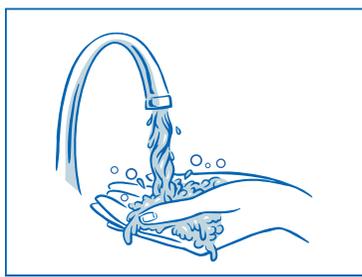
Most babies have occasional watery or loose poo. Breastfed babies have looser poo than formula fed babies. Diarrhoea is when your baby passes unformed watery poo more than three times in a day.

#### Do

- ✓ Make sure you give your baby plenty to drink, to stop them becoming dehydrated. Water is best, but if they won't drink water, give them enough of whichever fluids they will drink. In addition to this, also give your baby a drink immediately after each bout of diarrhoea (watery poo).
- ✓ Let your baby eat normally as soon as they feel like it. But they should avoid foods containing large amounts of sugar as this can make diarrhoea worse.
- ✓ Check your child's urine (wee) throughout the day. If your baby is drinking enough then their urine should be pale coloured and clear. If it is much darker than normal, strong smelling or cloudy then they could be dehydrated. If you are concerned that your child is becoming dehydrated, it is recommended that you give your child special rehydration drinks for children. Speak to your local pharmacist.
- ✓ Avoid sugary drinks, or drinks containing sugar substitutes (such as aspartame), as the sugar content may make your baby's diarrhoea worse.
- ✓ Give around an extra 100 – 200ml of fluid after each watery poo.

#### Do

- ✓ Practice good hygiene, washing hands thoroughly after each nappy change or potty visit. Dispose of soiled nappies and wipes safely, double bagging them to prevent germs from spreading.



#### Don't

- ✗ Don't give your baby anti-diarrhoeal medicine. All medicines should be recommended by a health care professional.



- ✗ Don't let your baby go to nursery or childcare until 48hrs after their last bout of diarrhoea – your nursery will advise

#### Don't

- ✗ Don't give your baby too much fruit juice, or soft drinks because these contain sugars which can worsen the diarrhoea.

#### Top Tips

- In most cases, mild diarrhoea is caused by a mild viral or bacterial illness.
- Maintaining a good standard of hygiene can help stop germs from spreading to others.
- Make sure you and your family wash your hands thoroughly and regularly, particularly before preparing food, after going to the toilet, or changing nappies.
- Supervise your child when they wash their hands or do it for them.
- Don't let your child share personal items, such as towels, flannels or face cloths. These items should be washed regularly at 60°C.

If these suggestions don't help, speak with your Health Visitor or GP.



**IMPORTANT NOTICE:** The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health.