

# Tummy Troubles

## know-how

Diarrhoea — Toddler, 12 Months +

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

Frequent watery poo is a sign of diarrhoea and can be frustrating and uncomfortable for your toddler. 'Toddler Diarrhoea' is common and may be brought on by the rapid transit of food through the gut.

#### Do

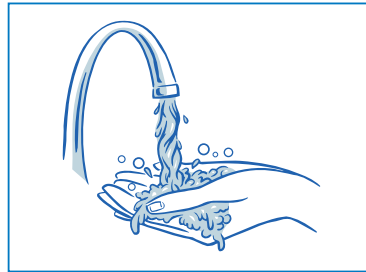
- ✓ Make sure you give your toddler plenty to drink to stop them becoming dehydrated. Water is best, but if they won't drink water, give them enough of whichever fluids they will drink.
- ✓ In addition to this, also give your toddler a drink immediately after each bout of diarrhoea (watery poo).
- ✓ Give around an extra 100 – 200ml of fluid.



- ✓ Check your child's urine (wee) throughout the day. If your toddler 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 or GP.
- ✓ Avoid sugary drinks, or drinks containing sugar substitutes (such as aspartame), as the sugar content may make your toddler's diarrhoea worse.

#### Do

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



#### Don't

- ✗ Don't give your toddler too much fruit juice or soft drinks because these contain sugars which can worsen the diarrhoea.
- ✗ Don't let your toddler go to nursery or childcare 48 hours after their last bout of diarrhoea – your nursery will advise.
- ✗ Don't give your toddler anti-diarrhoeal medicine. All medicines should be recommended by a GP or medical professional.



#### 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.

