



Western Cape  
Government

Health and Wellness

FOR YOU

## PREVENTION OF GROWTH FALTERING & MALNUTRITION

Usually children with diarrhoea lose weight quickly which can lead to growth faltering. We need to make sure that children re-gain any weight that was lost!

## HYGIENE

Food can contain germs which can cause diarrhoea. Good hygiene practices can decrease the germs in food and prevent diarrhoea.

- Practise good personal hygiene
- WASH HANDS before and after preparing food, before eating and feeding a child, after going to the toilet, after blowing your nose, after touching rubbish)
- Don't let hair fall in food
- Cover sores and cuts with plasters



## FOOD SAFETY

We need to make sure that food does not become contaminated with germs.

- Wash all utensils (knives, forks, plates, cups, pots)
- Wash all kitchen surfaces
- Wash fruit & veg before eating it
- Eat cooked food within 2 hours of preparing it or put it into the fridge and re-heat it to steaming or boiling point before eating.
- Do not buy food that is contaminated (check sell by date, don't buy food with broken packaging)



**FEEDING A CHILD WITH  
DIARRHOEA**

- When a child has diarrhoea, it is important to continue feeding
- Exclusive breastfeeding is always recommended.
- If formula feeding, then prepare the formula safely & hygienically!
- Always use a cup if formula feeding (do not use bottles)
- If a child is over 6 months and eating: make sure that food is prepared safely and hygienically
- Make sure your child receives Vitamin A every 6 months until 5 years old.
- After a diarrhoea episode, it is important to give the child extra food, to regain any weight that has been lost.

## RECOMMENDED FEEDING FOR PERSISTENT DIARRHOEA

### Feeding:

- If breastfeeding, give more frequent, longer breastfeeds, day and night
- If child is eating food: follow feeding recommendations for child's age, but give small, frequent meals (at least 6 times a day)
- Avoid very sweet foods and drinks

### Rehydration:

- Give the special drink for diarrhea (Sugar Salt Solution (SSS)) in addition to foods and after each loose stool
- Offer frequent small sips from a cup (after each loose stool):
- children below 2yrs: ½ cup children 2-5yrs: 1 cup
- If child vomits, wait for 10 minutes then continue fluids, but more slowly
- **MAKE SURE THAT YOUR WATER IS CLEAN AND SAFE!**

## WHAT TO FEED WHEN MY CHILD HAS DIARRHOEA

- Do NOT stop feeding
- Offer small, frequent meals
- Offer age-appropriate food
- Foods better tolerated: mealie meal porridge, oats, mashed potato, soft veg, soft apple, pear, banana, chicken breast, yoghurt and maas, soups.
- Foods like peeled apples, pears, oats, potatoes helps to "hold" water in the gut and reduce loss of nutrients

## WHAT TO AVOID WHEN MY CHILD HAS DIARRHOEA

- Avoid very sweet drinks and foods
- Avoid very hot or spicy foods, coffee and caffeine
- Avoid very fatty foods (such as oil, margarine, sausages, chicken skin, fatty meat)
- Avoid gas-producing foods (cabbage, broccoli, split peas, sugar beans)

**NOTE:** These foods should only be avoided during episodes of diarrhoea, and can be re-introduced after recovery!



1 LITRE CLEAN  
WATER



8 TEASPOONS  
OF SUGAR



1/2 TEASPOON  
OF SALT



LIFE SAVING  
REMEDY