

General Information – From 1 year

1) What food can my child eat or not eat?

a) Does my child need a special diet?

No – your child can have a normal diet. Try to include starchy foods such as cereals, potato, rice, pasta, bread or chapatti at each meal. These foods provide a good source of energy.

b) Do any foods contain MCTs?

MCTs are found in very few foods but not in sufficient quantity to cause a problem. Coconut is the only exception. Small amounts of coconut as an ingredient in a food may be given. Pure coconut and coconut oil should be avoided.

2) How often to feed your child

a) How often does my child need to eat?

Your child can just eat normally. Give regular meals and a bedtime snack.

b) Does my child need to have snacks between main meals?

No – these are not normally needed.

c) How long can my child fast for overnight?

Providing your child is well and feeding normally they can fast for:

- 12 hours overnight.

It is very important to give a starchy bedtime snack e.g. cereal and milk, toast, sandwich and not to miss it and ensure breakfast is taken in the morning as soon as your child gets up.

d) What should I do if my child misses a meal?

Missed meals should be replaced with a starchy snack or sugary drink (see Emergency Regimen recipes for children and Alternative Emergency Regimen drinks for children).

3) Feeding during illness

a) What should I do if my child becomes unwell and / or is not eating?

Follow the Emergency Regimen (ER) plan (see Emergency Regimen information sheets for children).

The ER is a special feeding plan:

- glucose drinks are given to provide your child with energy
- these drinks are given frequently day and night to reduce the length of time your child fasts for.

Emergency Regimen (ER): Children 1 – 2 years

1) What is the Emergency Regimen?

This is a special feeding plan used if your child is unwell and/or is not feeding well:

- glucose drinks are given to provide your child with energy
- these drinks are given frequently day and night to reduce the length of time your child fasts for.

2) When should I give the ER?

Any time your child is not eating well; this is usually during illness

Step 1: if you are unsure if your child is unwell, give a glucose drink and continue to assess

Step 2: if your child is definitely unwell, start the full ER of frequent glucose drinks

Step 3: if your child is not getting better, not tolerating or refusing to take the glucose drinks contact your hospital doctor or go to your local hospital.

If you go to hospital take your A & E letter, ER information sheets, glucose powder and scoops.

3) Should I contact the Hospital doctor if my child is on the ER?

Yes if:

- you are concerned and want advice
- your child is frequently vomiting feeds
- your child has diarrhoea, unless very mild
- your child refuses ER feeds
- your child is drowsy, floppy, not responding normally ('glazed look')
- your child is not improving on ER feeds.

4) How do I make the ER drinks?

Glucose powder is dissolved in water to make the drinks (see ER recipes for children).

5) How do I give the ER?

Give glucose drinks every 2 to 3 hours day and night. If your child is vomiting give the drinks as small frequent sips.

6) Can I give any other drinks?

Yes – commercial drinks can be given but you may need to add extra glucose powder (see Alternative ER drinks). Low calorie drinks are not suitable because they are too low in energy.

7) When can I stop giving the ER drinks?

When your child starts eating again you can give fewer ER drinks but continue some night drinks. ER drinks can be stopped once your child is eating normally again. Try to do this within 48 hours of starting the ER.

8) Where do I get glucose powders from?

Glucose powders e.g. Maxijul and SOS 15 are available on prescription from your GP.

9) What are oral rehydration solutions?

Doctors often prescribe oral rehydration solutions e.g. Dioralyte, to treat diarrhoea and vomiting. These solutions contain very little glucose, so glucose polymer should always be added to provide more energy (see ER recipes for children).

Emergency Regimen recipes: Children 1 - 2 years 15% Carbohydrate Drinks

Water recipe* – Small volume

30g or 6 level pink scoops of Maxijul or SOS powder
Cooled boiled water to 200ml

Or

Water recipe* – Large volume

150g or 5 level big blue and 2 pink scoops Maxijul or SOS powder
Cooled boiled water to 1000ml

Or

SOS recipe*

1 sachet of SOS 15
Cooled boiled water to 200mls

Or

Oral rehydration solution recipe*

1 sachet of Dioralyte
25g or 5 level pink scoops of Maxijul or SOS powder
add 200ml cooled boiled water

**Sugar free squash can be used to flavour these drinks but it must be added before the water, i.e. add maxijul/SOS powder, then add sugar free squash, and then add water to the amount advised.*

Suggested drink volumes:

Age 1 to 2 years

Aim 1200ml in 24 hours

Feed 100ml every 2 hours or 150ml every 3 hours day and night

If the drinks above are refused you can use the below to give alternative drinks

Alternative Emergency Regimen drinks:

How to make 15% carbohydrate drinks (15g carbohydrate per 100ml) from commercial drinks

Look at the nutrition information label per 100ml,

✓ **If 4 to 8g carbohydrate per 100ml:**

Add 2 level pink scoops Maxijul or SOS powder per 100ml

e.g. Cows Milk

✓ **If 9 to 12g carbohydrate per 100ml:**

Add 1 level pink scoop Maxijul or SOS powder per 100ml

e.g. Fruit juices

Fruit Shoot and Fruit Shoot 100% (all flavours – not sugar free))

Carton Ribena – (original blackcurrant, strawberry, apple – NOT tooth kind)

Fizzy drinks e.g.: Coca Cola, Fanta, Sprite, 7UP, Pepsi Regular (Not diet)

✓ **If 13 – 16g carbohydrate per 100ml,**

These can be used and do not need anything added

PLEASE NOTE: Low calorie drinks e.g.: Diet, Lite, No added sugar, Tooth kind, Sugar free should not be substituted for sugary drinks because they are too low in energy. Artificial sweeteners do not provide calories. The sugar content of commercial drinks can change! Always check the label (home and abroad).