

## Top tips for fluids in children over one year old

If your child is feeling unwell and is refusing diet, do not worry for the first couple of days, as long as they are drinking and passing urine.

After a couple of days, you can start trying to tempt them with diet and encouraging nutritious drinks like milk.

Ideally drinks given should have sugar content.

Water and sugar free juice is not sufficient to ensure that your child will maintain their blood sugar levels.

Stable blood sugar levels ensure that your child is keeping their energy levels up without diet.

Tips to encourage drinks:

1. Offer small amounts. (Example: 10mls every 10 minutes, increasing if tolerated)
2. Using a syringe may make it easier to encourage your child to take drinks and to monitor their intake
3. Juice including sugar should be offered. Not water or sugar free
4. Do not give milk if your child has been vomiting
5. Alternatives such as ice pops may be given

## How to get help and advice

Please use your camera to scan this QR code for information on signs and symptoms of dehydration or alternatively access the website.



Source: [www.nhs.uk](http://www.nhs.uk)

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