

Community Nutrition and Dietetics

Beckenham Clinic
14 The Crescent
Beckenham
BR3 1DU

Tel: **0300 330 5777**

Welcome to Bromley Community Nutrition and Dietetics

We are registered dietitians who work in Bromley to give expert advice on nutrition and dietetics. Your child will be seen by a children's dietitian. Your child can be referred to us if they are under 18 and registered to a Bromley GP. Your child may be referred by their GP, Health Visitor or other professional.

Where can you find us?

We run clinics across the borough of Bromley and we will try and see your child in a clinic close to where you live. All of our clinics have wheelchair access.

Our Clinics

Princes Plain Clinic
Church Lane, Princes Plain
Bromley BR2 8LD

St Paul's Cray Clinic
Mickle Road
Orpington, BR5 2RJ

Community Vision Children and Family Centre
Woodbine Grove
Penge, SE20 8UX

Bromley Healthcare
better together

The Dietetics service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington BR6 OJA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
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NHS



Does your child have toddler diarrhoea?

Bromley Children Community Dietitians

What is toddler diarrhoea?

- Your child will be going to the toilet more often than normal and their poo will be loose.
- This will have been happening for at least 3 weeks.
- Sometimes you will be able to see bits of foods such as carrot, peas, sweetcorn and dried fruit in their poo.
- It is most common in children aged between 6 months and 3 years but can affect any child up to school age.
- Your child will feel fine otherwise and will be growing and putting on weight normally.

Why has my toddler got diarrhoea?

- It may be hard to find out why your toddler has diarrhoea.
- Too many fruit drinks may be making your child go to the toilet more often if their body is having problems in absorbing the fruit sugar in these drinks.
- Sweeteners added to low sugar drinks can also cause diarrhoea.

When can my child go back to eating normally?

- Once your toddler's diarrhoea has gone away you can start giving them foods with more fibre in and less fat.

- If you are still worried please contact your doctor, health visitor or NHS Direct for more information.

How can I help my child?

Normally your toddler's diarrhoea will stop on its own but sometimes changing what they eat and drink can help.

Cut back on: squash, fruit juices and drinks with artificial sweeteners

- Your toddler only needs 6-8 cups of drink a day.
- If your child is thirsty water is the best choice.
- Give your child a drink of up to a pint of full cream milk each day (less if your child eats dairy foods like yoghurt and cheese).
- Only 2-3 drinks should be fruit juice or fruit squash (fruit juice can be diluted with water).
- Don't give drinks containing sorbitol (sweetener).
- Rehydration fluids e.g. Dioralyte are not necessary.

Cut back on foods with fibre

- Eating a lot of fibre foods can make your toddler's diarrhoea worse. Try giving your child food with less fibre in e.g. white bread, low fibre cereals (Rice Krispies, Cornflakes, Puffed Wheat).

- Don't give your child any more than 2 pieces of fruit each day and 2 portions of vegetables.

Cut back on sugary foods

- Sugar and sugary foods can make toddler diarrhoea worse. Don't add sugar to food and try not to give sweets, sugary puddings and sugary cereals to your child.
- Remember not to give your child low sugar foods which have the sweetener sorbitol in them.

Give your child enough fat

- Foods with fat in are an important part of your toddler's diet as they give energy for growth and activity.
- Low fat diets may cause toddler diarrhoea so try giving your toddler more foods containing fat. This may help the diarrhoea to go away, by slowing the time it takes the food to go through your child's stomach.
- Good high fat food ideas are:
 - ◆ Meat and meat products e.g. sausages, chicken nuggets, minced meat, beef burgers, roast meats.
 - ◆ Oily fish.
 - ◆ Full fat dairy foods e.g. milk, yoghurts and cheese.