

**Bromley Children's
Community Dietetics**

0300 330 5777

bromh.cccpod3refs@nhs.net

**Welcome to the Bromley
Community Nutrition and
Dietetics service.**

**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
who specialises in looking
after the nutritional needs
of children.**

**Your child can be referred to us if
they are under 19 years of age (or
under 25 years if they have an
Education, Health and Care Plan
and attend a specialist educational
provision) and are registered with
a Bromley GP. Your child may be
referred by a GP, Health Visitor or
other healthcare professional.**

**Bromley
Healthcare**
better together

The Community Nutrition and Dietetics service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering 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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**Is your child
constipated?**

Bromley Children's Community Dietitians

Your child's appointment with a dietitian:

Steps to help combat constipation

- Fibre is part of food that can't be digested by the body, but passes through the gut, absorbing water and making poo soft. Fibre is an important part of a healthy diet for all the family.
- Drinking plenty of fluids and eating enough fibre-containing foods helps stools (poo) to be soft and easy to pass.
- Drink lots – aim for 6-8 cups a day such as water, diluted squashes and juices. Giving drinks after meals and snacks is best so as not to ruin your child's appetite. If your child finds it hard to drink more, encourage foods with lots of fluids in such as gravy, sauces, soups, custard, jelly, ice lollies, fruit, vegetables and salad.
- Don't have more than 1 pint of milk a day (500ml).
- Have a regular eating pattern – aim for 3 meals a day – breakfast, lunch and dinner, with small snacks in between.

- Gradually eat more fibre – see the following tips.
- Sit on the toilet regularly – give your child plenty of time to sit on the toilet at the same time every day – in the morning after breakfast is often a good time.
- Get active – being active encourages your bowel to be more active. It is recommended for general health that children do some activity that makes them slightly out of breath for at least an hour every day e.g. dancing, walking, kicking a ball around, playing, cycling or swimming.

High fibre breakfast ideas

- Cereal with milk topped with dried fruit or chopped fresh fruit
- Cereal bar and a piece of fruit
- Wholemeal toast

High fibre lunch ideas

- Yoghurt, a piece of fruit and a wholemeal roll, pitta, or sandwich with:
 - ⇒canned fish and sweetcorn or,
 - ⇒egg and salad or,
 - ⇒ham or turkey and tomato, plus:

- * Baked beans on wholemeal toast.
- * Vegetable pizza (homemade with wholegrain flour) and salad.
- * Lentil soup with wholemeal bread / roll.

High fibre main meal ideas

- Spaghetti bolognese with wholemeal pasta.
- Stir fry chicken and vegetables with rice / noodles.
- Jacket potato and beans.
- Sausage casserole with mashed potato and beans.
- Chilli con carne with brown rice.
- Bean casserole with wholemeal pitta bread.
- Meat casserole with vegetables & jacket potato.

