

Food for Tots Publishing
Healthy eating starts here!

What to Feed Sick Kids



*What to do when
your child has:*

- ▶ *cold, cough,
or croup*
- ▶ *vomiting*
- ▶ *diarrhea*
- ▶ *fever*
- ▶ *constipation*

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Fever

Fevers cause loss of fluids through sweating and fevers cause loss of calories through increased metabolism. Children with fevers may have poor appetites and may lose weight. As they recover they generally eat more than usual and quickly regain the lost weight.

Tips for feeding a feverish child:

- ▶ **Small appetite**—don't worry about intake of solid foods. Focus on fluids and soft foods.
- ▶ **Low fluid intake**—offer frozen juice bars to provide nutritious liquids. Avoid *regular* popsicles which are just sugar and colored frozen water.
- ▶ **Cold foods**—may be appealing and may help reduce the fever.
- ▶ **Mild foods**—try yogurt, applesauce, pudding, ice cream, fruit smoothies, and finger gelatins.
- ▶ **Temperatures over 101°F**—consult your doctor if your child is under age two. Older children can be given acetaminophen (example: Tylenol) or ibuprofen (example: Advil or Motrin) to reduce fever. **Be sure to check the label on any medication for the correct dosage.**

Call your doctor if your child has a fever and:

- ▶ Is less than one year old
- ▶ Is unusually sleepy, weak, or confused
- ▶ Has a headache or stiff neck
- ▶ Refuses to take fluids
- ▶ Has a rash with a fever
- ▶ Has a sore throat or ear pain

Follow your intuition and call your doctor if you are worried.