

# EATING & DRINKING TIPS

For school-aged children with Chronic Kidney Disease (CKD)

The tips below may help encourage eating and drinking in your child with Chronic Kidney Disease (CKD)

- Keep calm and comfort your child as he or she eats. This gives the message that mealtimes can be happy and safe. Reassure your child if he or she is finding this difficult.
- Try to eat as a family with all the sights, smells and sounds of mealtimes. Invite your child's friends round so your child can see their friends enjoying food.
- If your child is old enough, involve them in preparing food and setting the table
- Let your child try foods in their own time without pressure.
- Keep mealtimes as positive and enjoyable as possible. Encourage and praise little steps; just a small mouthful or bite is a positive step. Stop feeding if your child is upset but continue to include them in the meal environment.
- Let your child play with food and get messy! Touching and playing with food is a great learning experience. For example, let them play with wet and dry spaghetti, dry lentils, finger painting with wet foods, cornflour mixed with water.
- Remove distractions such as television, toys and books before the meal starts.
- Only introduce new foods one at a time and it is fine for children to eat familiar foods if they feel unwell.
- Take your time but don't let mealtimes go on for too long, 20-30 minutes is fine.
- Have suitable snacks available throughout the day for your child to help themselves to.
- Ask your child's dietitian for help if you are unsure what they can eat.

