

# EATING & DRINKING TIPS

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

## The tips below may help encourage eating and drinking for your child with 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 finds this difficult.
- Try to eat as a family with all the sights, smells and sounds of mealtimes. Invite your child's friends over 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, corn meal mixed with water.
- Remove distractions such as television screens, toys and books before the meal starts.
- Introduce foods one at a time, and wait 3-5 days before trying another new food. Stay persistent - it may take up to 20 offerings before a child is willing to put a new food in their mouth.
- 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.



Be sure to check with your healthcare professional before making changes to your child's diet.

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