

## Nutrition When Unwell

When a baby is ill, they often lose their appetite and may not feed as well. This is common for all babies, however for those with CF can cause worry for parents. However, as long as they are growing and gaining weight this is usually nothing to worry about. If you are particularly concerned, you can, of course, speak with the CF care team for advice.

### Dehydration

It is important to be aware of dehydration during illness and salt replacement is very important during this time. For babies who aren't yet on solids, it can be helpful to feed on demand. They may need more frequent, smaller feeds.

For older babies on solids, try and get liquid in any way you can with drinks they like, such as chocolate milk or juice. Once they are feeling better, it's important to feed them high energy foods to gain back any weight loss.

Remember antibiotics can affect bowel motions, so in this case loose stools may not necessarily mean an increase in enzymes is needed.

### Hospital Admission Nutrition

If your child requires a hospital admission, nutrition will be an important component of their recovery. If your baby is on solid food, all main meals and snacks will be catered for by the hospital, however if they have any extra



dietary needs, you should tell the staff upon admission, and they will cater for your child.

At PCH, you can select your child's meals from an electronic menu using the Patient Meal Ordering System in the room. The menu items offered depend on your child's diet and allergy requirements, entered at admission. Your child will be placed on the CF High Energy High Protein diet where you will have the option to select their meals and snacks from, as well as calorie boosting options on offer (e.g. additional butter).

You may also like to pack foods you know your baby likes, e.g. puree food pouches, soft crackers, yoghurt pouches, bread etc. CF inpatients can request a fridge for their room to store food and drinks. Unfortunately, fridges are limited and so are provided on first requested basis.

You can also ask to speak with the CF dietitian if you need more support or information about food options during the admission.

If your baby is on formula, you will need to bring bottles with you. Some formulas are available at PCH, however if the specific one your baby is on isn't available, you will have the option to choose from the ones that are available at PCH or bring in sealed tins of your own formula. Sterilised water is available on the ward.

## Reflux

Reflux is a very common condition among babies and even more common in CF. It is caused by the acid in the stomach rising into the oesophagus causing discomfort for your baby.

### Reflux can cause symptoms such as:

- An unsettled, crying or fussy baby
- Excessive spitting up or vomiting
- Irritability during feeding and sleeping
- Coughing at night and others.

### Mild Reflux Can Be Managed By:

- Ensuring clothing is not too tight around their tummies.
- Feeding your baby in a more upright position.
- 'Burping' longer after feeding.
- Making sure you allow at least an hour after feeding before physio.

Medications are available for severe cases and may be something to discuss with your baby's CF team.

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