

ORAL REHYDRATION

Step-by-step instructions for kids > 6 months

Remember, this information is educational and generalized. Your child's clinical situation may need a different approach, so always seek the guidance of your pediatrician when your child has a health concern.

For kids < 6 months, always call your pediatrician.

1. Assess your child for dehydration (see my post on this). If they are dehydrated, call your pediatrician right away.
2. If your child has vomited, don't give them anything by mouth for at least 20-30 minutes.
3. Start with clear fluids:
 - a. Options include pedialyte, half-strength apple juice, etc.
 - b. An exception is breastmilk, which is easily digestible. For formula-feeding infants, an oral rehydration solution is fine but switch back to formula within 24h once vomiting has subsided.
4. Give 1 teaspoon (or 5ml) and wait 10 minutes
5. If they keep it down, give another teaspoon
6. After 3 rounds increase the volume as so:
 - a. 1-2 teaspoons every 5-10 minutes for babies
 - b. 2-3 teaspoons every 5-10 minutes for toddlers
 - c. 2 tablespoons every 5-10 for children
7. After 2-3 hours, you can increase the amount of fluid intake but go slow (many parents advance too quickly)
8. Once they're doing well with fluids, introduce other fluids or foods (eg low sodium broth). Avoid cows milk, plain water, sports drinks, undiluted juice or soda, and caffeinated beverages.

Remember, vomiting can be caused by a number of different health conditions, and some can be quite serious. If your child is worsening, or symptoms are persistent beyond 24h, always check in with your doctor.

All content found on The Pediatrician Mom was created for informational purposes only and is generalized. This is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you read here.

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starting goals for *mild* dehydration

Check out the CDC website and my blog post for more practical tips and answers to common FAQs when it comes to dehydration in kids!

Weight (lb)	Minimum volume* (per hour for first 4 hrs)
11 - 15	2.5 oz
16 - 20	3.5 oz
21 - 40	7 oz
41 - 60	10 oz
60+	12 oz

*Calculated using rough guideline of 50ml/kg over 4 hrs. Keep in mind that minimum goals may change depending on clinical situation.

Always get the guidance of your pediatrician to determine if these numbers are right for your child.

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