Pediatric Rehydration

Infants and small children can be treated for dehydration for short periods of time with clear liquids such as water, apple juice and sodas. Special solutions from the doctor are better if treatment over a couple hours is needed. Gatorade is too low in sodium. Ice chips and popsicles are usually good to try at first. Start slowly, offering only 1-2 teaspoons every 10 minutes for the first 2 hours. If your baby has stopped vomiting, you can increase the feedings to 1-2 tablespoons every 10 minutes. If your baby vomits, stop the feedings for 30 minutes, then restart the cycle.

SEEK IMMEDIATE MEDICAL CARE IF YOUR CHILD:

- Cannot keep these liquids down, has a very high fever,
- Seems extremely weak or sleepy.
- Has not urinated for 6 to 8 hours.

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