

# How to Manage a Misbehaving Belly

**When stomach flu hits, will you know what to do? There are many common misconceptions about caring for a child with stomach flu. Take a minute to learn the facts.**

**Fiction:** It takes several episodes of diarrhea and vomiting for an infant to become dehydrated.

**In FACT,** the threat of dehydration comes with the first instances of diarrhea and vomiting, because children are more susceptible to dehydration than adults. A one-year-old, for example, can become dehydrated twice as fast as an adult.\*

**Fiction:** Any liquid can prevent and treat dehydration in children with diarrhea and vomiting.

**In FACT,** many household drinks don't meet medical guidelines for treating a child with diarrhea and vomiting. Plain water, for example, lacks the essential nutrients that must be replenished to prevent dehydration. And many beverages, such as juices, sodas, and sports drinks, contain excessive sugars that can actually worsen diarrhea.

**Fiction:** It's easy for a mom to tell if her child is dehydrated.

**In FACT,** very few moms can tell when their child is dehydrated. In a recent survey, only 2% of moms could correctly identify the six warning signs of dehydration established by the Centers for Disease Control and Prevention.

Only a specially-formulated solution such as **Pedialyte**® provides the balance of nutrients required to prevent dehydration caused by diarrhea and vomiting. That's why **Pedialyte**® is the #1 pediatrician-recommended brand of oral electrolyte solution. Why trust anything else?

**Pedialyte**® comes in a variety of kid-approved flavors\*\*—fruit, strawberry, grape, and unflavored.

Be sure to consult your pediatrician about questions regarding your child's health.

To find out more about how to manage misbehaving bellies, visit [pedialyte.com](http://pedialyte.com).

\*\* natural and artificial flavors



## The Do's and Don'ts of Diarrhea and Vomiting

### DO

- Watch your child for signs of dehydration.
- *Always use Pedialyte® under medical supervision.*  
**For children age 1 and older,** offer **Pedialyte**® every 1-4 hours. To help maintain proper hydration, children should consume 32-64 fl. oz. per day for as long as diarrhea continues. **For children under age 1,** consult your pediatrician.
- Call your pediatrician if your child has diarrhea for more than 24 hours, has both diarrhea and vomiting, has a high fever, severe abdominal pain or blood in stool or vomit, or shows signs of dehydration.



### DON'T

- Don't give your child sugary foods or drinks, such as candy, juice, or sodas, which can make a misbehaving belly worse!
- Don't withhold fluids for fear of causing more diarrhea and vomiting.
- Don't stop your child from eating, but limit intake to smaller, more frequent meals.

