

Plan A: If the child has diarrhoea but no dehydration:

- If the child is still being breastfed, the mother is to be encouraged to continue breastfeeding, longer at each feed.
- If passing frequent watery stools:

For a child less than six months of age, give ORS and clean, preferably boiled water, in addition to breast milk. No other fluid or food to be added.

If the child is older than six months and not being exclusively breastfed, give ORS solution and home available fluids. Fluids that are available at home include soups, green coconut water, rice or pulse-based drinks, porridge, lime juice with salt and sugar.



How much ORS to give?: In addition to the usual fluid intake; give

- ◆ If the child is up to two months of age: five spoonfuls after every loose stool
- ◆ If the child is more than two months of age and less than two years, give about half a cup after every loose stool (100 ml).
- ◆ Older children can have up to one cup (200 ml) after every stool.

Tips to help the mother:

- ◆ Give frequent small sips from the cup.
- ◆ If the child vomits, wait for 10 minutes.
- ◆ Then continue but more slowly.
- ◆ Continue giving extra fluids until the diarrhoea stops.
- ◆ Continue feeding/breastfeeding whenever the child wants.

Need for referral: You should counsel the mother to call you immediately if the:

- ◆ Child becomes sicker.
- ◆ Not able to drink or breastfeed.
- ◆ Drinks poorly.
- ◆ Develops a fever.
- ◆ Has blood in the stool.