

# Tips to aid oral feeding in children with Chronic Kidney Disease (CKD)

Children with CKD struggle with eating and drinking due to a variety of reasons associated with the condition including having a poor appetite, suffering from nausea, vomiting or acid reflux. These children can often miss key developmental feeding experiences which can make feeding and drinking a challenge. The below points are tips which can be discussed with parents to encourage oral diet for these children.

1. Ensure realistic expectations are discussed with the family to help reduce anxiety and build a positive feeding environment. Encourage and praise little steps; playing with food and having contact with food is a positive step.



2. Encourage families to prepare food together. This will create a positive relationship with food for the child.



3. Encourage the family to all eat together so the child experiences all the sights, smells and sounds of mealtimes<sup>1</sup>. Observing others eating and eating with peers can encourage a child to have familiar foods<sup>2</sup>.
4. It is important to keep food experiences positive and enjoyable. Advise parents to stop feeding the child at a mealtime if they become upset or distressed.
5. Allow the child to play with foods in their own time, without pressure. The aim is to create positive eating and drinking experiences.



6. Remove distractions at mealtimes; for example turn off the television, remove ipads and phones<sup>3</sup>.
7. Limit mealtimes to 20-30 minutes<sup>4</sup> and avoid too much focus on food.
8. Have snacks available during the day to encourage eating<sup>5</sup>.
9. Ensure the dietary advice provided highlights foods which the child can have as well as those foods which need to be restricted.



Innovation in Nutrition

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**All information correct at the time of print**

**This information sheet is only intended for  
Healthcare Professionals**

## References

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