

# Here's Help: Mild Dehydration in Your Baby or Child

When your baby or child has a fever, vomits, or has diarrhea, they can lose a lot of good stuff--water and minerals their body needs. This is called dehydration.

Your baby or young child can't always tell you when they're dehydrated or they're thirsty.

So, it's up to you to watch for symptoms. And the main symptom is a dry diaper.

Your child is potty-trained? Their main symptom is that they're not going to the bathroom to urinate as often. Here's what you can do at home.

The goal is to replace lost fluids. That means that if you're breastfeeding, feed your child more often.

If you use a bottle, increase the number of feedings. You can also give your child special drinks called oral rehydration solutions, which you can buy at most pharmacies.

For an older child, make sure that they're drinking often. Small amounts of milk or water work best. Don't give your child fruit juice or soda pop. There's just too much sugar and not enough of the minerals that the body needs.

Here are a few things to watch for, just in case. Call your doctor if your baby or child has a dry mouth, fewer tears than usual, and no wet diapers or hasn't urinated in more than 6 hours.

Get emergency help right away if your child or baby is very sleepy and hard to wake up, or if your baby or child hasn't had any wet diapers or hasn't urinated in 12 or more hours.

To avoid dehydration, here are some things you can do. When your child isn't feeling well, they may not want anything to drink. But keep trying.

Give your child small sips of water. Let them drink as much as they want.

Mild dehydration is easily taken care of at home, but you know your child best.

If you have any questions or concerns, you can always call your doctor.