



GROWTH

PARENT AND CAREGIVER RESOURCE

PARENT AND CAREGIVER RESOURCE

NOTES

RESOURCES MENU

1. Your Kidney Health Team
2. Meet Your Kidneys!
3. Balance
4. Connections
5. Healthy Eating
6. Being Active
7. Taking Medicines
8. Healthy Blood
9. Bone Health
10. Blood Pressure
11. Acid Balance

12. GROWTH

13. Chronic Kidney Disease
14. Family Coping Resources
15. My Coping Resources
16. Glossary

The **Kidney Health Team** checks and watches your child's growth in many ways. They measure your child's growth every time you come to clinic. They also check **bone** health, watch for **anemia**, **mineral balance** and **acid balance** to make sure your child is growing as well as they can. The Kidney Health Team might suggest **vitamin** and **mineral supplements** to help your child grow well.

We have many emotions and values tied to eating and sharing food together. It is helpful to separate some of these emotions about eating from your child getting the **nutrients** they need to grow well. Your child may not always feel like eating when the family does but this is still a time for the family to be spending time together.

If your child with **chronic kidney disease** is not eating at the table with the family, focus on them getting their nutrients at another time or in another way. It is important to know that breakfast is especially difficult for many people with chronic

kidney disease.

Kidney disease may make your child not feel like eating. There are complicated things happening in your child's body which can make them feel nauseous, or sick to their stomach, and not hungry. **Uremia** disrupts the message to the **brain** that we are hungry or need to eat, but you need to help your child make an effort.

It is important for your child to still try to eat though. Your child may need to eat smaller amounts more frequently or add **calories** or nutrients to the foods they do feel like eating. Your child might need supplements, either by drinking them or putting them through a tube, to "make up" for what they can't get into his/her body with food. Even with teenagers, it is important to normalize mealtime routines, even if they "catch up" on nutrients and calories later at another time in the day.

Focus on how to increase your child's healthy

nutrient and calorie intake so your child can grow well. It's normal to need food supplements and vitamins and minerals to help your child get the nutrients required for good growth. The food supplements may be liquids they drink or nutrients put directly into your child's body through a **gastrostomy tube (G-tube)**.

Your child will need your help to check they are getting enough nutrients and taking the medicines they need.

Looking at child's growth chart with the Kidney Health Team can help you understand the situation better.

WEB BASED RESOURCES

<http://www.aboutkidshealth.ca/En/HealthAZ/Pages/default.aspx> Click on the Letters A-Z to find information on health related topics

<http://www.caringforkids.cps.ca/> Click on a variety of topics at the top of the website for general information to parents about child health. From the Canadian Pediatric Society

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/Symptoms/Pages/growthproblems.aspx>

http://www.dietitians.ca/Nutrition-Resources-A-Z/Fact-Sheet-PDFs/DC_ChildGrowParentsE.aspx

<http://www.aboutkidshealth.ca/En/HealthAZ/DevelopmentalStages/Tweens/Pages/Puberty.aspx> From here you can click on the topics to learn specific puberty information on boys, girls etc.

<http://kidney.niddk.nih.gov/kudiseases/a-z.aspx>

<http://kidneyweb.net/handouts.htm>

WEB BASED RESOURCES FOR KIDS

<http://www.aboutkidshealth.ca/En/JustForKids/Life/Pages/Puberty.aspx>

HANDOUTS

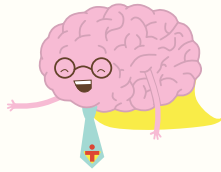
Kidney Foundation Booklet: "Your Child & Chronic Kidney Disease" <http://www.kidney.ca/document.doc?id=332>

GROWTH GLOSSARY

ANEMIA

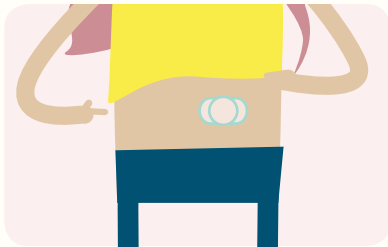


Anemia is when the amount of red blood cells in the body is too low. Red blood cells are important because they bring oxygen around the body, for the body to turn nutrients from food into energy.



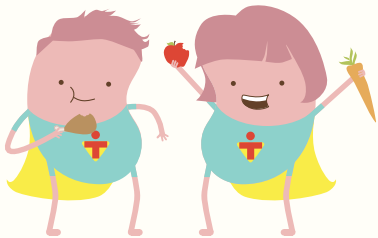
BRAIN

The Brain is the organ inside your head that you think with! It is protected by your skull bones.



BUTTON TUBE

Button tube is a type of feeding tube. It is used to give nutrition to children who cannot eat enough food by mouth to grow and develop. It can also be used to give medicines. Some children may have an operation that makes a hole connecting the stomach and the skin. The button tube goes through the hole, so food or medicine can be put directly into the stomach.



CALORIES

Calories tell us how much energy is in food. Calories come from the sugars, fats and proteins we eat in food. Healthy foods have calories and many other nutrients. Junk food is mostly calories and not many other nutrients. Our body needs a certain amount of calories and lots of other nutrients to be active, healthy and grow. If you eat more calories than your body needs, it gets stored as fat and you will gain weight.



CHRONIC KIDNEY DISEASE (CKD)

Chronic Kidney Disease means that there is some damage to the kidneys that will always be there. It affects how well the kidneys can clean the blood to get rid of body waste and keep other body systems in balance. When the kidney function is lower, it is sometimes also called chronic kidney failure.

GROWTH



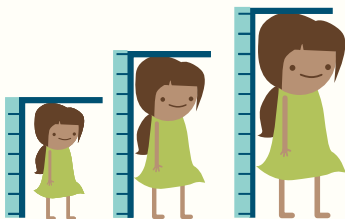
DIETITIAN

The Dietitian is a member of your Kidney Health Team. The Dietitian has lots of information about healthy, whole foods and nutrition. The Dietitian can help you and your family find the right balance for healthy eating.



FOOD SUPPLEMENTS

Food supplements are drinks or bars that contain extra calories and other nutrients. Your Dietitian may discuss food supplements with you as a way to improve your nutrition and stay healthy.



GROWTH HORMONE

Growth hormone is a hormone that is important for children to grow normally. Your body makes growth hormone in a gland called the pituitary gland. If you have chronic kidney disease, the growth hormone your body makes doesn't work as well. Sometimes, your Kidney Health Team can suggest giving extra Growth Hormone to keep you growing better. Growth Hormone medicine is given as an injection.



GROWTH HORMONE MEDICINE

Growth hormone medicine is used to treat children who have poor growth from different causes. One cause of poor growth is chronic kidney disease. Sometimes, your Kidney Health Team can suggest giving extra Growth Hormone to keep you growing better. Growth Hormone medicine is given as an injection.



G-TUBE

G-tube is short for gastrostomy tube, and is a type of feeding tube. It is used to give nutrition to children who cannot eat enough food by mouth to grow and develop. It can also be used to give medicines. Some children may have an operation that makes a hole connecting the stomach and the skin. The G-tube goes through the hole, so food or medicine can be put directly into the stomach.



INJECTION

Injection is another word used by health care workers when they talk about giving someone a needle or shot. For example, having a needle or injection for flu shot.



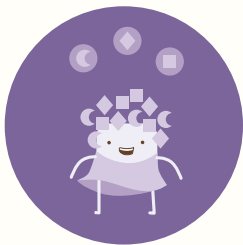
KIDNEY HEALTH CLINIC

Kidney Health Clinic is a place where doctors, nurses and other members of the Kidney Health Team can see you to check on your kidney health and how you are doing.



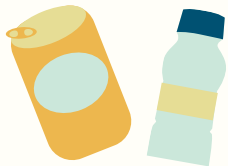
KIDNEY HEALTH TEAM

Kidney Health Team is all the different people who work with you to help keep your kidneys as healthy as possible. Members of the Kidney Health Team include nurses, doctors (nephrologists), dietitians, social workers, clerks, you and your family. Together, everyone will work with you to make your Kidney Health Care Plan.



MINERALS

Minerals are important building blocks our body needs to stay healthy. There are many different substances that we call minerals, like calcium, phosphate and potassium. Minerals get into our body in our food. Our kidneys help to maintain or keep the right amount of minerals in our body.



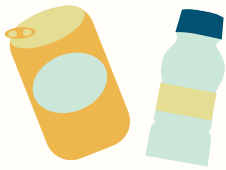
MINERAL SUPPLEMENTS

Mineral supplements are medicines that contain minerals your body needs. When there is chronic kidney disease, it is sometimes hard to keep a good balance of minerals just from food you eat. Your Kidney Health Team may suggest taking mineral supplements to stay healthier.



NUTRIENTS AND NUTRITION

Nutrition is about getting the nutrients our body needs for health and growth. Nutrients are all the different types of ingredients our body needs for energy and building blocks. We usually get nutrients through food. When nutrition is good, our body can grow well and be healthy.



NUTRITION SUPPLEMENTS

Nutrition supplements are drinks or bars that contain extra calories and other nutrients. Your Dietitian may discuss food supplements with you as a way to improve your nutrition and stay healthy.



PILL(S)

Pills are medicines that we swallow. They are also known as tablets, capsules, or gel caps. Pills might be different shapes (round, long and skinny, football-shaped, etc.) and different colours. Pills should be stored safely. Pills should only be taken as directed by your health care team or the Pharmacist.



PUBERTY

Puberty is the time when our body changes from being a child's body into an adult's body. This process can take time and can be affected by chronic kidney disease.

ur·e·mi·a noun

Definition of UREMIA:
the illness caused by very low kidney function and buildup of waste in the body.

UREMIA

An illness caused by very low kidney function and a build up of waste in the body. Uremia can make people feel nauseated and make them very tired.



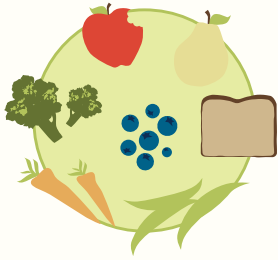
VITAMIN SUPPLEMENTS

Vitamin supplements are medicines that your Kidney Doctor might suggest if you cannot get the vitamins you need from the foods you eat, or in some illnesses. For example, Vitamin D is often needed by people with kidney disease. The vitamins our body usually needs are found in whole foods.



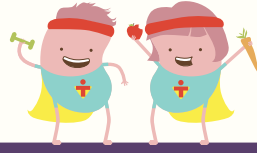
VITAMINS

Vitamins are important building blocks our body needs to stay healthy. Every vitamin has a different job to do in our body. Whole foods are a great source of vitamins.

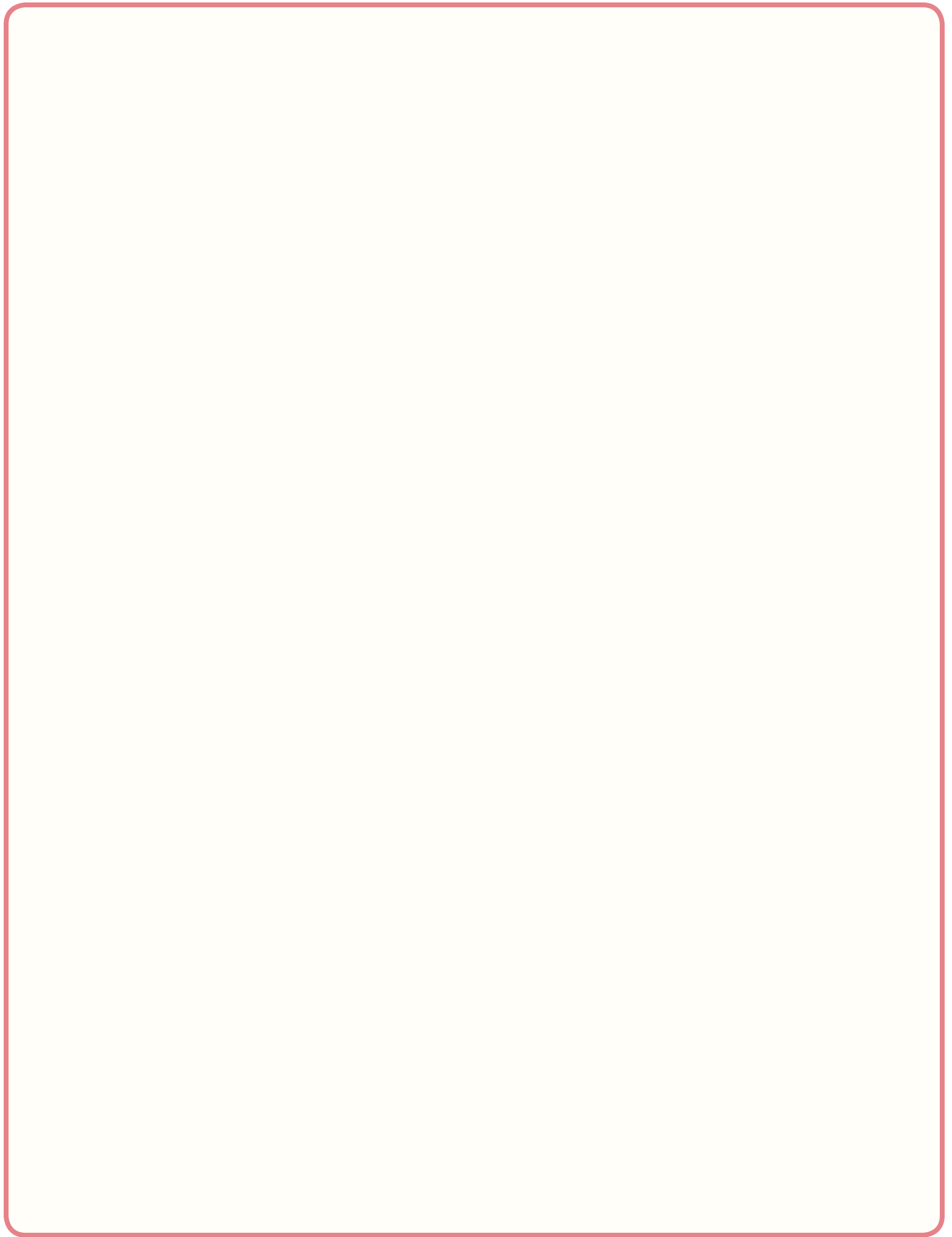


WHOLE FOODS

Whole foods have many of the different nutrients we need. Whole foods come from plants and animals. Whole foods are vegetables, fruits, nuts, milk, eggs and meat from the store, fishing or hunting. Always choose Whole Foods first!

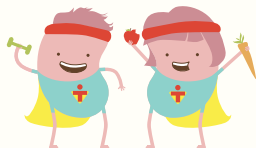


NOTES





HEALTHY KIDNEYS



Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or jstrong@exchange.hsc.mb.ca or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>