

Information for Parents

Feeding your Child on Bramble Ward

Who is this leaflet for?

This leaflet is for parents/carers and children admitted to Bramble Children's ward. It will give you more information about the food and drinks available to your child on the ward.

Why is good nutrition important?

Good nutrition helps your child grow and develop to their full potential. It is especially important when children are unwell, or recovering from an operation. Keeping your child well nourished will help them heal faster and get home quicker.

Infants

A range of standard stage 1 infant formulas (*SMA, Cow & Gate, Aptami*) are provided ready-to-feed for children under 1. Unless the doctors have prescribed a specialist feed for your child, no other formula milks are available. If you wish to use a different formula e.g. hungry baby or follow on formula, you will need to bring in your own supply.

If your child is less than a year old, and in the process of weaning onto solid food, a range of different stage weaning jars and baby rice are available from the milk kitchen on Bramble Green. Please ask your nurse.

Older Children

Breakfast is brought round at 8am on a trolley to your child's bed side. Your child can choose from the following options:

- white or brown bread/toast
- butter or margarine
- jam, marmalade, peanut butter, Marmite

- cornflakes
- Weetabix
- Rice Krispies
- Frosties
- Ready Brek
- whole or semi-skimmed milk

Lunch and evening meals

The main meals are served from a hot trolley, at the dining area near the school rooms. If your child is unable to leave their bed, you (or their nurse) can bring a tray of food to the bed side

- There is always a range of hot and cold meals available including
 - a meat or fish option
 - a vegetarian option
 - potatoes/chips/rice
 - vegetables/salad
 - hot puddings
 - cold puddings e.g. ice-cream
 - orange juice
- You do not need to fill out a menu card for your child. You can choose any item off the trolley for your child, on a daily basis.

Between meals

A mid morning and mid afternoon snack will usually be offered from a trolley by the bedside. Your child may choose a drink and food item from the trolley. Usual snacks available include:

- milkshakes
- cereal bars
- yoghurts

- jelly
- fruit
- muffins
- biscuits
- crisps
- fruit smoothies

Out-of-hours, or between meal times

The following items are always available from the ward kitchens. Please ask your nurse. Fruit is available all day from a bowl in the dining area.

- Weetabix
- cornflakes
- Frosties
- Rice Krispies
- Ready Brek
- white bread/toast
- brown bread/toast
- butter/margarine
- jam/marmalade/marmite
- biscuits
- whole milk
- semi skimmed milk
- milkshake syrups (Crusha)
- hot chocolate
- sugar free squashes
- tea
- coffee
- Meritene milkshakes and soups (nutritious meal replacements for children)

Resident parents

- All resident parents are served with breakfast (hot drink and toast) on the ward (until 9am).
- Any mums who are breastfeeding their children are entitled to choose lunch and evening meals from the trolley.
- All other parents will need to provide their own main meals and snacks during their stay. The following options are available:

- bring in, store and prepare your own food in the parents area kitchen (microwave, toaster, kettle and fridge available). Please label any food clearly with your child's name.
- purchase food from:
 - Oasis restaurant (level 2, area D)
 - Fine Fillings food outlets (main entrance)
 - Savour coffee shop (main entrance and entrance to child and women's health)
 - Boots store (Area P, Level 1)
 - vending machines (E link corridor, Level 2)

Other family members and visitors

You may purchase any food you might need during your visit from:

- Oasis restaurant (level 2, area D)
- Fine Fillings food outlets (main entrance)
- Savour coffee shop (main entrance and entrance to child and women's health)
- Boots store (Area P, Level 1)
- vending machines (E link corridor, Level 2)

FAQs

What happens if my child misses a meal?

- Your nurse can order a pre-prepared snack box from the main kitchens 24 hours a day. These contain a sandwich, juice drink, crisps and chocolate bar.
- If your child would like cereal or toast, your nurse can prepare these from the ward kitchen at any time.

Special dietary requirements

If your child has a special dietary requirement, please let the nurse know as soon as you are admitted.

The hospital has separate menus for gluten free, vegan, modified textures, Halal and Kosher diets. If your child requires one of these menu options, please ask your nurse to give you a menu card.

If your child has a more specific dietary requirement (e.g. milk free), your nurse will need to contact the diet kitchen to request a meal for you. It will be helpful to describe a usual meal your child would enjoy. You are welcome to bring in specific food items your child usually enjoys, and store them in the ward kitchen fridge. Please label any food items clearly with your child's name.

Written information cannot replace personalised recommendations. For further advice please seek a dietetic referral from your consultant or GP.

Long term patients and frequent attenders

At the discretion of the ward matron or dietitian, we are sometimes able to provide long-stay children with a laminated card to choose free meals from the Oasis restaurant. These cards are provided on a named patient basis and should be used for food eaten by the child only.

What will happen if my child isn't eating well, or losing weight?

- All children over the age of 2 who are admitted to Bramble are screened for their risk of malnutrition.
- Children who are identified as at risk of malnutrition have a special care plan to improve their nutritional status.
- Infants under 2 will be assessed by the medical team, and referred directly to the dietitian if there are concerns about their nutrition.
- A separate leaflet is available with more information. Please ask your nurse for a copy (Nutritional Screening for Children 2-18yrs).

How can I give feedback on the quality of the food service on Bramble?

We welcome your comments on how we can improve the food service on our ward. Ask your child's nurse for a Patient & Visitor Feedback Card.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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