

Water Intoxication



LOUISIANA
WIC NEWS
February
2011

Did you know that adding too much water to your baby's formula could be harmful and may even lead to death? This is known as water intoxication.



Harmful? But I thought water was good for babies.

- Water intoxication may occur in either breastfed or formula-fed infants.
- Water intoxication may be caused by adding too much water to your baby's formula, by force feeding water to your baby or by substituting water for either breast milk or infant formula.
- Since your baby was born with a strong urge to suck, it can be very easy for your baby to take in too much water in a short amount of time.
- The American Academy of Pediatrics reminds parents to not try Stretching their budgets by adding extra water to infant formula. Instead, follow the manufacturer's directions on the formula can.
- If you have questions about how to feed your baby or your baby's water needs, be sure to ask your baby's doctor.

When should I give my baby some additional water?

Under normal conditions, the water needs of healthy babies are met by the correct amounts of breast milk or properly prepared infant formula.

Usually, extra water is not necessary, even in hot or dry weather. A baby may have severe problems if too much water is given.

If your baby is sick, your pediatrician may give you specific instructions on the types and amounts of extra fluids to give your baby.



Offering water in a cup

When your baby gets a little older, your doctor may recommend feeding a small amount of water (4 to 8oz per day) in a cup after solid foods are introduced at around 6 months of age.

Don't forget to talk to your doctor about how much water should be offered to your baby.

What are the signs or symptoms of Water Intoxication?

- *Unusual Fussiness*
- *Extreme drowsiness*
- *Unexplained changes in behavior*
- *Low body temperature (97 degrees or less)*
- *Unusually clear or pale color of urine*
- *Unusual number of wet diapers (more than 6 to 8 daily)*
- *Puffiness or swelling in the face*
- *Seizures*

Want to Find Out More about WIC in Louisiana?

Call 1-800-251-BABY