

## **Screening Tool for Assessment of Malnutrition in Paediatrics (STAMP)**

### Advice for Parents

This factsheet is to help parents or carers manage the nutritional intake of a child which may be reduced after an illness.

On admission to hospital all children are screened for nutritional intake. This is done using Screening Tool for Assessment of Malnutrition in Paediatrics (STAMP).

Your child was found to have a medium risk for poor nutrition at the time of their admission to hospital.

If your child's appetite does not improve over the next 3-4 days it is recommended that you seek further advice:

- For preschool (under 5's) contact your Health Visitor or GP
- For school age (5-16) contact your GP

Advice on how to improve your child's intake can be found overleaf.

### **If you need further information**

Telephone 03 44 811 8111 and ask for:

Paediatric Dietetics - available 8.30am - 5.00pm

Monday to Friday or The Children's Unit

### **Other sources of information**

**STAMP** [www.stampscreeningtool.org](http://www.stampscreeningtool.org)

**NHS 111** [www.nhsdirect.nhs.uk/](http://www.nhsdirect.nhs.uk/)

#### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

**NICE (National Institute for Health and Clinical Excellence)** [www.nice.org.uk](http://www.nice.org.uk)

#### **Patient Advice and Liaison Service (PALS)**

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

#### **Northumbria Healthcare NHS Foundation Trust**

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

Issued by Department of Nutrition and Dietetics

## Tips to help when a child has a poor or small appetite

- Offer small meals and snacks regularly through the day
- Always offer 2 courses at meal times, savoury and sweet
- Make sure small meals and snacks are as high as possible
  - Add butter, cream, jam or cheese to foods for example mashed potato, soups or puddings
  - Use full fat yoghurts, milk, custard, milk puddings
  - Use full fat mayonnaise
- Offer small portions
- Children with poor or small appetites can be put off by large portions. You can always give seconds if requested
- Try not to make a fuss if your child does not eat
- Never force your child to eat as this can often make things worse

### Ideas for high energy snacks:

- Crackers and cheese
- Full fat yoghurts or custard pot
- Scotch pancakes or crumpets or breakfast muffin with butter
- Toast with butter and jam/ marmalade/ honey/ chocolate spread/ cheese spread/ peanut butter
- Bread sticks with cheese dip/ chocolate dip
- Sweet or savoury scone

### Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 0344 811 8118.

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