Wilms Cancer Foundation

Wilms Tumor

Caregiver Fact Sheet

Helping Your Child Eat During Treatment

Caregiver Fact Sheet: Helping your child eat during treatment

Why Food Matters Right Now...

Food helps:

- Keep their strength up;
- Help their body handle treatment;
- Reduce complications;
- Support recovery.

Note: Even small amounts of food and drink really matter.

The Goal - “Keep It Simple”

You don’t need a perfect diet.

Focus on:

- Getting something in;
- Offering food often;
- Keeping your child comfortable.

Note: Eating something is always better than eating nothing

How to Feed your Child...

Instead of big meals:

- Offer food every 2–3 hours;
- Think snacks, not meals;
- Let your child eat what they feel like.

Good options:

- Yogurt;
- Toast with peanut butter;
- Eggs;
- Smoothies;
- Cheese and crackers.

Fluids are as Important as Food...

Fluids help:

- Protect the kidney
- Flush out treatment drugs
- Prevent dehydration

Try:

- Water
- Milk
- Smoothies
- Soup

Note: Small sips all day is better than big drinks

If a Child Doesn’t Feel Like Eating...

This is very common.

Try:

- Soft foods (mashed, soups, yogurt)
- Cold foods (often easier than hot)
- Bland foods (toast, rice, bananas)
- Smoothies or shakes

Avoid:

- Strong smells
- Spicy or greasy foods (if they feel sick)

Note: Let your child guide what they can tolerate

Remember: Your child’s body is working hard fighting cancer, healing, and growing.

Food Safety (Very Important)...

Your child's immune system may be weaker.

Avoid:

- Raw or undercooked meat;
- Raw fish;
- Unwashed fruits/vegetables;
- Unpasteurized milk.

Always:

- Wash hands before food;
- Cook food well;

A Note for Parents...

This is hard:

Some days your child will eat well. Some days they won't.

That's normal:

You are not expected to be perfect.

What matters most:

- Keep offering food;
- Keep them drinking;
- Keep them comfortable.

Note: You are doing exactly what your child needs

Call Your Care Team If...

- Your child hasn't eaten in 24 hours;
- They're not drinking enough;
- They keep vomiting;
- They seem very tired or weak;
- You notice dry lips or signs of dehydration.

Note: Trust your instincts - if you're worried, call!

Remember: Your job isn't to control what a child eats - It's to support them through it!

Fig.1/ Caregiver Fact Sheet (Helping a Child Eat During Treatment)

Why it matters	Helps your child stay strong, fight infection and recover faster
Daily Care	Meals every 2hrs., calories + protein, encourage fluids, let child choose foods
During Treatment	Soft/ cold foods, aviod strong smells, try smoothies, eating something > nothing
Hydration	Fluids protect the kidney and help remove treatment drugs, offer small sips often
Food Safety	No raw foods, wash products, cook well, clean hands
Call Doctor	No eating 24hrs., not drinking, vomiting, signs of dehydration
Remember	you don;t need to be perfect, focus on nourisment and comfort

Wilms Cancer Foundation (WCF)

The Wilms Cancer Foundation (WCF), is a charitable organization, that supports and represents the needs of children, families and healthcare organizations affected by pediatric renal (kidney) cancer (particularly nephroblastoma commonly known as 'Wilms'). Its mission is to establish an international program of awareness, education, advocacy, early detection treatment and support to tackle the spread of the disease.

This WCF guide is for educational purposes only. It is based on international pediatric oncology standards in Canada, the United States and Europe. Seek advice from a qualified medical professional should you have any concerns or questions.