



Woman, Child and Family Service - Paediatrics
Tauranga Hospital
Cameron Road Private Bag 12024
Tauranga NEW ZEALAND

Re: Toddler's diarrhoea

Chronic diarrhoea in an otherwise healthy child is most commonly due to 'toddlers diarrhoea'.

Toddlers diarrhoea is defined as the painless passage of four or more, large, unformed stools for four or more weeks. Onset is commonly in infancy or the preschool years, without failure to thrive or a specific definable cause.

Most children develop normal bowel patterns by the age of 4 or 5 years.

In some children the diarrhoea is associated with excessive intake of fruit juice or other sugary drinks and will improve when the intake of these is reduced. A diet high in fibre may also contribute.

Red flags suggesting that toddlers diarrhoea is unlikely include the following:

- Weight loss or poor weight gain
- Bloody stools
- Positive coeliac serology
- Vomiting or marked abdominal pain
- Systemically unwell child

If any of these criteria are met, then we would be happy to review in our Outpatient clinic.

Ngā mihi

Yours sincerely

Electronically checked and approved

Paediatric Grading Team

**Consider parent information sheet from the following website:*

[Toddler's Diarrhoea \(Causes, Symptoms, and Treatment\) | Patient](#)