

CONSTIPATION IN INFANTS*

5 simple tips to try

*These tips are for infants 6-12 months. For constipated younger babies, work with your pediatrician.

1

Diet

Fewer "white" foods (pasta, bananas, cereal, bread)
 More whole grains, complex carbs, higher fiber foods (leafy greens) and "P" fruits (pears, prunes or papaya). Pasteurized pear/ prune juice can also be helpful.

2

Hydration

Fluid helps fiber do its job. Make sure your child is getting water and both soluble and insoluble fiber (there are no standardized recs).

Water Goals: 6-9 months: 2-4oz 9-12 months: 4-8 oz

3

Mechanical help

Massage the abdomen, bicycle the legs. Limit use of rectal stimulation, such as the Windi, unless advised by your pediatrician. Warm baths can also relax baby and help with comfort.

4

Medications

Some babies do need medications, such as rectal suppositories or oral laxatives. Never use these without discussing with your pediatrician.

5

When to call your pediatrician

It is normal for babies to have some constipation as they adjust to solids. However, if it persists, or you see other concerning symptoms (eg. excessive fussiness, belly distention, vomiting, bloody stool), or something is tickling your "spidey sense", call your pediatrician!

Source: NASPGHAN, healthychildren.org

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