

Tummy Troubles

know-how

Constipation — Newborn to 6 months

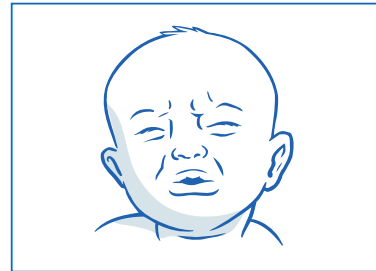
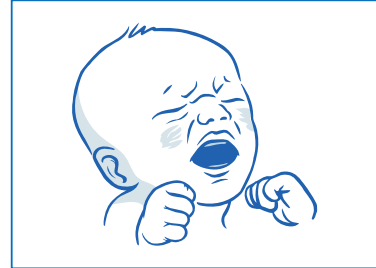
Are you worried your baby may be constipated?

It can be hard to tell why your little one is crying or uncomfortable and tummy troubles are often the cause. A breastfed baby will very rarely get constipation because breast milk is more easily digested than formula.

How would I know if my baby is constipated?

Constipation is a bit more than your baby's face turning bright red and pushing hard when they have a poo. Symptoms may include:

- Fewer than three bowel movements a week
- Dry, hard, pellet-like poo that your baby has difficulty passing
- Crying and discomfort, irritability or pain before doing a poo
- Tummy pain
- Foul-smelling wind and poo
- Loss of appetite
- Blood-streaked poo which could be due to tiny cracks in the skin caused by passing hard poo



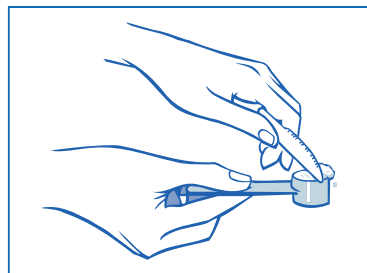
Do

- ✓ Remember it can be quite normal for a bottlefed baby to go a few days without having a poo. If your baby has plenty of wet nappies and is not distressed then there's not too much to worry about.
- ✓ Make sure that any formula milk is mixed properly – a feed that is too concentrated can lead to constipation.



Don't

- ✗ Don't dilute your baby's formula milk – you must ensure the correct amount of powder and water are mixed together. Always follow manufacturer's instructions.
- ✗ Don't pack formula into the measure. Level off the scoop to ensure the correct amount of powder is added to the water.



Top Tips

- A gentle tummy massage can relax the stomach muscles.
- Gently move your baby's legs in a bicycling motion to help move the poo along the intestine^{1,2}
- If your baby is having formula, give them a little cooled boiled water between feeds, but don't dilute the formula.¹
- Try switching to a ready-to-use formula, as baby's stools will be softer.

References:

- 1 CKS 2008
- 2 NHS 2008