

Tummy Troubles

know-how

Constipation — Weaning, 6 months +

Are you worried your baby may be constipated?

As solid foods are introduced in to your baby's diet, constipation can be quite a common side-effect. The most obvious sign that your baby may be constipated is if they poo less than twice a week and / or it is often small and hard.

Do

- ✓ Make sure baby is getting plenty of water and fluids at least 4 – 6 drinks a day.
- ✓ Make sure any follow-on milk is mixed properly – a feed that is too concentrated can lead to constipation.



- ✓ Give your baby foods that are higher in fibre (but not too much) such as porridge, wholemeal bread, fruit and vegetable purees.
- ✓ Check, if your baby is on any medication, if this could contribute to constipation. Always read the medicine's Patient Information Leaflet or speak to your pharmacist.

Don't

- ✗ Don't dilute your baby's follow-on milk, you must ensure the correct amount of powder and water are mixed together. Always follow manufacturers' preparation instructions.
- ✗ Don't change your baby's feeding routine straight away, such as their formula brand, instead try to work out the cause before making changes to their routine.



- ✗ Don't pack too much follow-on milk into the measure, and level off the scoop before mixing (see making up a feed instructions).
- ✗ Don't worry too much – this is a period of change in your baby's diet.

Top Tips

- A warm bath to relax your baby so that the poo may be passed more easily.
- A gentle tummy massage to relax the stomach muscles. Start at the belly button and work outwards in a clockwise direction.
- Lie baby on their back moving their legs in a cycling motion. This helps to push the harder poo along their intestine.



- Try switching to a ready-to-use formula as your baby's stools will be softer.