

Tummy Troubles

know-how

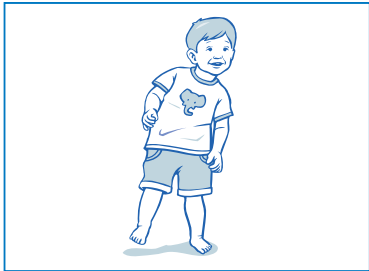
Constipation — Toddlers, 12 Months +

Are you worried your toddler may be constipated?

Is your toddler pooing less than once a day and complaining of a sore tummy?
Do you worry that they may have constipation?

Do

- ✓ Make sure your toddler is eating fibre, which is found in fruits and vegetables, wholemeal bread, wholemeal pasta, brown rice and wholemeal breakfast cereals.
- ✓ Increase your toddlers normal fluid intake to a minimum of 3 – 4 drinks a day, water or diluted fruit juice.
- ✓ Make sure your toddler is active because this encourages healthy bowel movement.



Don't

- ✗ Don't forget that as babies get older, they poo less often and their stools get bigger and more solid so they may not necessarily be constipated.
- ✗ Don't use over-the-counter constipation remedies unless recommended by a doctor.
- ✗ Don't change your toddler's milk (formula or cows' milk).



Top Tips

- Try a warm bath to relax your toddler so the poo may be passed more easily and bathtime play may distract from pain and discomfort.



- Massaging their tummy gently in a clockwise motion can often help.



- Try lying your toddler on their back and moving their legs in a cycling motion to put gentle pressure on the intestine and stimulate bowel movement.

Speak to your health visitor or GP if your toddler has dry, hard stools and any of the following:

- Fever
- Vomiting
- Blood in stools