

Infant Constipation



How Can you tell?

How often your baby poops, may not be the best indicator as to whether or not your baby is constipated. Since the baby is developing and changing rapidly, you may see a change in stool patterns.

Signs to Look For...

- Hard, pellet-like stools
- Shows signs of pain while pooping
- Sometimes a baby will arch their back, tighten their bottom or cry while trying to poop



What you can do?

- If introducing solids, consider waiting a little longer or stick with easy-to-digest foods such as pureed fruits
- Gently direct the baby's legs in a bicycle pedaling motion
- Bring the baby's knees to its chest for a few moments
- Light tummy massages
- If your baby is 2-6mo old: Introduce 1 ounce of diluted apple or prune juice, add more if needed
- Consider the baby's tummy size, make sure juice is not affecting appetite for breast milk or formula



Potential Causes

Babies can be affected by certain events such as:

- Moving to a new home
- Times of family stress
- Traveling
- Introduction of solid foods
- Certain food sensitivities such as cow's milk

