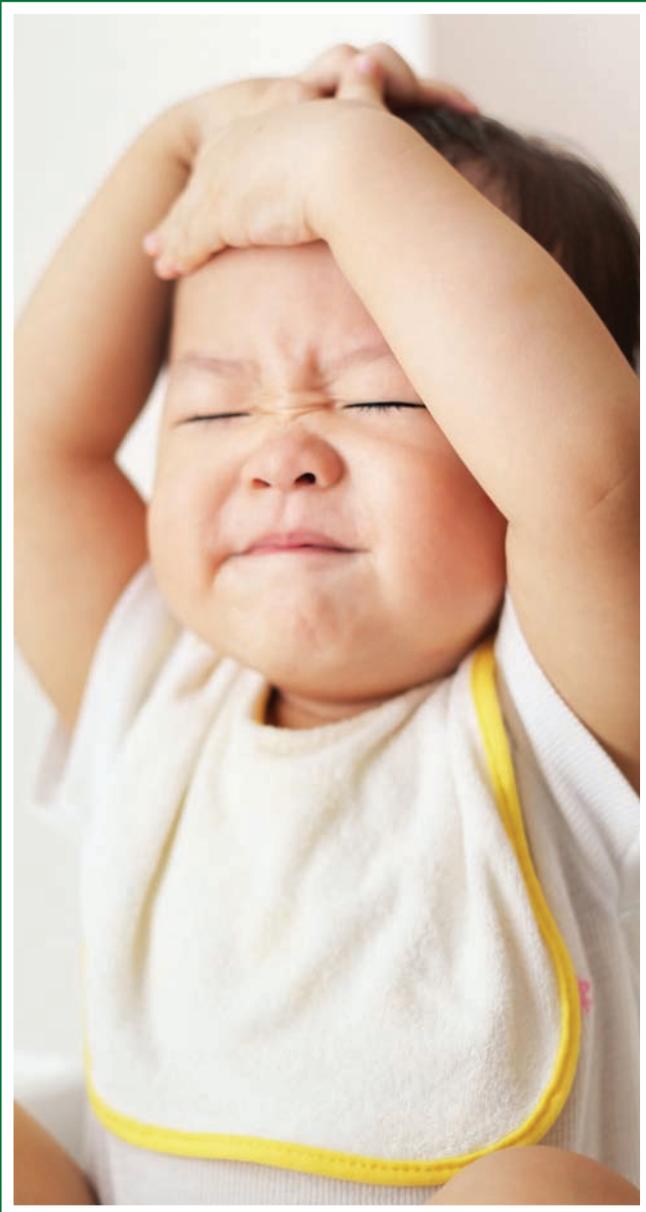


Constipation

From birth – 12 months



Many parents become concerned if their infant does not have a daily bowel movement.

Normal bowel habits:

- Vary among infants. Although many infants have a daily stool, others may only have a stool every 2 to 5 days.
- Become less frequent as your baby gets older.
- Can cause babies to make funny faces, grunt, and possibly strain when they are passing a stool.

Medical providers say that signs of constipation are:

- Small, hard, dry stools that are passed with difficulty.
- When the infant has not passed a stool or has difficulty in passing stools for 2 or more weeks.

Call your baby's doctor if you are concerned that he is constipated.

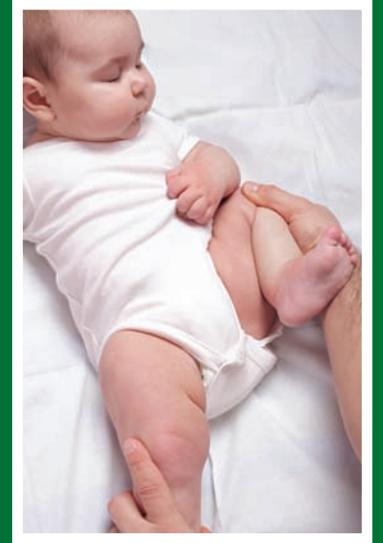
What causes constipation?

- Inadequate fluids
- Mixing formula incorrectly
- Starting solids too early
- Lack of movement or activity
- Use of some medications
- Excessive fluid losses due to vomiting or fever
- Certain medical conditions (ask your pediatrician)



What do normal stools look like?

- Breast milk—pasty, seedy, soft, runny, yellow
- Iron-fortified formula—pasty-to-formed, seedy, greenish-brown
- Soy formula—soft, yellowish-green



Managing constipation

- Increase activity (rotate infant's legs in a bicycle movement).
- Apply a warm compress (warm wash cloth) to stomach.
- Ask your pediatrician about increasing fluids.
- For infants less than 4 months of age, if solids have been introduced, discontinue solids.
- For infants over 4 months of age who have been introduced to solids, offer high-fiber foods, such as soft, cooked fruits and vegetables and whole grains.

For breastfed infants

- The number of bowel movements per day or week may vary depending on their age.
- Breastfed babies over 1 month old may have infrequent bowel movements (less than 1 time per day). This is not considered constipation.

Myths about constipation

The amount of iron supplied by iron-fortified formula does not cause constipation. Studies have shown that infants fed iron-fortified formulas are no more likely to suffer from constipation than infants fed low-iron formulas.

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