Is Your Child Constipated?



More fiber, liquids, and lots of activity can help!





Constipation

Does your child have hard, dry stools (poops) that are difficult to pass? Your child may have constipation.

Signs of constipation may include:

- Stomach pain or pain while having a bowel movement
- Less than three bowel movements a week
- · Dry, hard stools that are difficult to pass

Things to know:

- Always check with your health care professional if the problem persists.
- Laxatives, suppositories, enemas, and mineral oil are not recommended. These can cause health problems for your child.
- If the stool is soft, your child is likely not constipated.





During the first month, babies may have a few stools (poopy diapers) a day. After one month, babies have fewer stools each day or even a stool every few days. Babies who drink formula tend to have firmer stools than babies who are breastfed; this is not constipation.

If you think your baby may have constipation:

- Check with your health care professional to be sure your baby is getting enough breastmilk or formula. Be sure you are mixing the formula correctly.
- Put a warm washcloth on your baby's stomach.
- Do not change formulas unless your health care professional tells you to do so.
- · Breastfeed more often.
- Give your baby tummy time. It helps your baby's head, neck and upper body muscles develop.

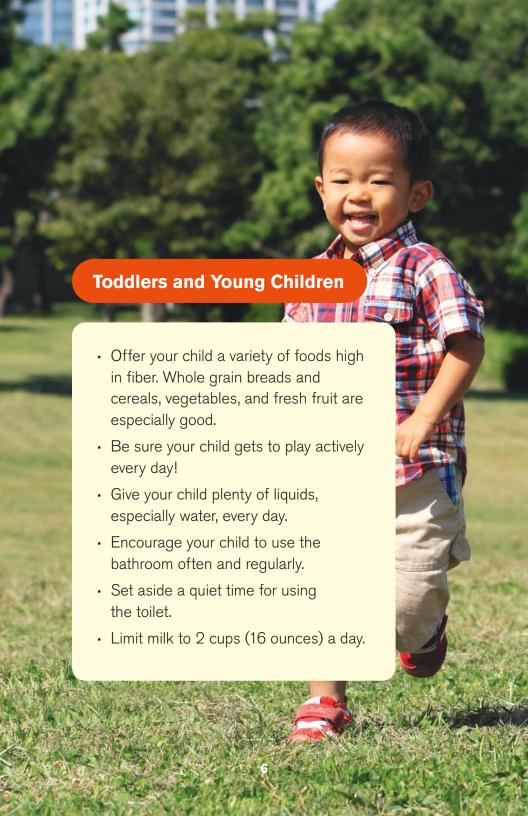
Babies Over 6 Months

Help your baby be more active. Encourage baby to move or crawl on the floor.

If you think your older baby has constipation:

- Give your baby more liquids. Twice a day, you can offer 4 ounces of plain water or 2 ounces of prune, pear or apple juice mixed with 2 ounces of water.
- Give your baby more foods with fiber, like soft fruits and soft cooked vegetables.
- Soften one teaspoon of 100% bran cereal with breastmilk or formula and add this to your baby's food.







Foods High in Fiber

Whole grain breads and cereals, vegetables and fruits are especially good sources of fiber. Here are a few examples:

Whole Grain Products

- Whole grain breads
- Whole grain crackers
- Popcorn

Hot & Cold Breakfast Cereals

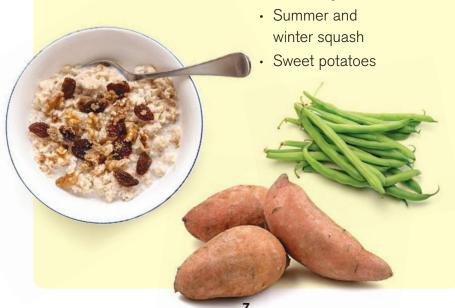
- 100% bran cereal
- · Shredded wheat cereal
- Oatmeal

Cooked Grains

- Brown rice
- Barley

Cooked Vegetables

- Carrots
- Peas
- Broccoli
- Cooked spinach or other greens





Children under age 4 can choke more easily on foods such as popcorn, nuts, dried fruit, and raw vegetables. Cut foods into small pieces and stay close by.





Fruits

- Pears
- Dried fruits
- Apples
- Berries
- Bananas

Beans and Nut Products

- · Pinto, black, and kidney beans
- Dried peas (split peas)
- Lentils
- Peanut butter



High Fiber Menu Suggestions for Toddlers and Children

Menus	Day 1	Day 2
Breakfast	Scrambled eggBran muffinPrune juiceMilk	Oatmeal with raisinsBerriesMilk
Snack	Pear with skinWater	Whole grain toast strips with peanut butterOrange juice
Lunch	Lentil soupTuna sandwich on whole wheat breadMilk	Vegetable beef soupCheese quesadilla with corn tortillaMilk
Snack	Whole grain crackers with peanut butterWater	Fresh fruitsWater
Dinner	Tacos with beef and beansCooked carrotsFresh fruit saladMilk	Baked chickenPeasBrown riceMilk







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