

Keeping Baby Healthy:

Constipation in children 12 months to 5 years old

Signs Of Constipation: Bowel movements:

- Are hard and dry, not mushy and pasty
- May look like marbles
- Happen less often than the child's usual pattern
- May be blood-streaked

Child:

- Cries or complains of pain in their stomach and/or rectum when passing a bowel movement
- May not want to eat
- Tummy may be bloated

What To Know:

The number and frequency of bowel movements is different in each child.

Things that may make a child constipated:

- Illness
- Some medicines
- Stress in the home or other places the child spends time
- Pushy toilet training
- Medical causes
- Changes in what the child eats or drinks
- Not getting enough to drink

What To Do:

Increase the child's water.

- You may give 4 ounces of prune, pear or apple juice 1-2 times per day until constipation ends.

For children of all ages, offer high fiber foods such as:

- Whole-grain breads and rolls
- Dried Beans
- Brown rice
- Fruit
- Cooked vegetables (broccoli, carrots, collards, beans, corn, potatoes, squash, string beans)

For children over 2 years old, you can also offer high fiber foods, such as:

- Raw vegetables (broccoli, carrots, celery, spinach)
- Raw fruit
- Dried fruit (raisins, prunes, apricots)

Children under 2 years of age may choke on the raw or dried fruits and vegetables.

Limit milk intake to 2 cups (8 ounces each) a day.

Do NOT use suppositories, laxatives, or enemas unless your child's health care provider tells you to.

Call Your Baby's Health Care Provider If:

- This advice does not help within two days
- Your child vomits with force or vomits a large amount
- Your child complains of severe stomach pain
- A large amount of blood is seen in the stool
- The stool is dark red or black



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Revised 10/2013 ML-000169 10/2013
Division of Children's Health