

## Is your baby constipated?

Many babies strain when having a bowel movement. This is not a sign of constipation. Your baby is constipated if her stools are hard and she has difficulty passing them. Constipation has nothing to do with how frequently your baby has a bowel movement.

- Do not give any **solid foods** to an infant under 4 months.
- Is the baby going through a **growth spurt**? Don't worry. At 2 weeks, 6 weeks, 3 months and 6 months many babies eat more and have a change in stool patterns.
- Have you been **traveling** long distances or **moved** recently? Some babies will need time to adjust.
- While the baby is lying on her back, move the baby's **legs** in a clockwise **rotation**.
- Moving the baby's **knees to the chest** and holding for a few seconds can help him to push out a stool.
- If your baby is 2-6 months old, offer 1 ounce prune or apple juice twice a day. Do not dilute it with water. If she is over 6 months, offer **2-3 tablespoons** of strained prunes twice a day.

### Breastfed babies

What's normal?

Breastfed babies have stools that are soft, mustard yellow in color, and happen often. A newborn may have as many as 8-10 stools per day. After the first 4-6 weeks, the number of stools usually decrease; the baby may have as many as 1-2 per day, or as few as 1-2 per week. If you give the baby any formula, expect to see a change in the color, consistency and frequency of the stools. Changes will also happen when you introduce solid foods.

What to do?

- Breastfeed frequently: every 1-2 hours for a newborn, and every 2-3 hours for an older infant.

### Formula fed babies

What's normal?

Formula fed babies may have stools as often as 1-2 times per day, or as few as 1-2 times per week. It is common to see changes if you change brands of formula. Changes will also happen when you introduce solid foods. Iron in formula has not been proven to cause constipation.

What to do?

- Be sure that your baby is getting enough formula. From birth to 4 months, she should have about 20-36 oz per day. From 4-9 months, 32-40 oz is the usual amount.
- Check to make sure you are fixing the formula correctly. Review the directions on the can.

If you have made these changes and do not see any improvement after 3 days, call your doctor.

