Is my baby constipated?

What is constipation?
Constipation is the passing of hard, dry and sometimes painful stools.

Look for these signs...
- A newborn who has firm stools less than once a day.
- Blood in (or on) the stool.
- Stomach pain that gets better after having a large bowel movement.
- Soiling between bowel movements. Soiling looks like diarrhea in the baby’s diaper. It is liquid that has leaked around a large, solid stool.

Keep in mind...
- For an older baby, having stools every 3 to 4 days is normal as long as they are not hard, dry and painful.
- Having soft stools means the baby does not have constipation.
- The color of the stool has nothing to do with constipation.
- Straining is not uncommon during bowel movements and doesn’t mean the baby is in pain.

For more information or if you need this in a different format, please call (971) 673-0040.
**Constipation: What you can do!**

**Babies under 4 months old should not eat solids. Solid food may cause constipation in young babies.**

**If your baby is 0 - 6 months and not eating solid food**

If your baby is breastfeeding, try to breastfeed more often. If your baby gets breastmilk and formula, give the baby more breastmilk and less formula.

**Try this:**

1. Increase baby’s movement (play, rock, move legs or massage the baby).

2. Offer your baby 1 to 3 ounces of plain water each day, **OR** mix 2-3 ounces of water and 1 ounce of apple, pear or prune juice and use in one day. If your baby isn’t constipated, he doesn’t need to drink juice.

**If your baby is older than 4 months and eating solid food**

**Try this:**

1. Increase baby’s movement (allow the baby plenty of floor time for play, rock, move legs, or gently massage the baby).

2. Add extra fluid to the diet by breastfeeding more often or offering 2 to 4 ounces of plain water each day **OR** mix 2-3 ounces of water and 1 ounce of apple, pear or prune juice and use in one day.

3. For older infants (8-12 months), give more fruits and vegetables.

❌ **Do not** add extra water to the formula.

❌ **Do not** reduce the amount of breastfeeding or formula you give your baby.

If after 3 to 5 days your baby is still constipated, call your baby’s health care provider.

This information is for full term infants.

If your baby was premature, contact your baby’s health care provider.