



# Constipation!

## Helpful Suggestions

### #1 Be sure your baby is constipated.

- It is normal for babies to grunt, strain, and even cry when having a bowel movement.
- It may be normal for your baby to go 2-3 days without a bowel movement.
- If the bowel movement is not hard, dry, and pellet-like, your baby is **not** constipated.

### #2 Check for proper formula dilution/mixing. Super-concentrated formula can cause constipation.

- Mix formula according to manufacturer's directions.  
Use a measuring cup instead of a bottle to measure water.
- Add water first, followed by formula.
- Use **level**, not heaping, scoops of powdered formula.
- Consider changing to liquid concentrate formula, which is easier to mix.

### #3 Wait to start infant cereal until your baby is 6 months of age.

- If you've already started cereal, STOP.
- For babies over 6 months of age, try barley infant cereal (higher in fiber).

### #4 Increase fluids.

- Try a small amount of plain water first, 1-2 ounces/day, in between feedings.
- If your baby is still having hard bowel movements, try a small amount of baby fruit juice, 1-2 ounces/day (Sorbitol – containing apple, pear, or prune/apple); may dilute 1 oz. Juice w/ 1 oz. water.
- Contact your Medical Care Provider.

#### *Reference:*

Adapted from: 2004 MDCH WIC Special Formula Training:

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# Common Infant Feeding Concerns

## Helpful Suggestions



### “Spitting up” or Uncomplicated Regurgitation

Medically known as infantile regurgitation is a common problem that affects nearly half of all infants.

- Generally resolves at or about 6-12 months of age.
- It is quite normal for infants to have small amounts of spitting up daily (“gentle sloshing up and out of mouth”) in the amount of 1-3 tablespoons per feeding.

### Suggestions:

- Keep baby in an upright position during feeding and about ½ hour after feedings.
- Allow baby to burp frequently and gently during feedings.
- Do not overfeed bottle-fed infants: babies are good “self-regulators of their intake!”
- Reduce the amount of air going into the baby’s stomach; make sure all breastmilk or formula is against the nipple of a bottle during feedings.
- Avoid changing the baby’s diaper or laying the baby down immediately after feeding.
- Consult your baby’s medical care provider especially if symptoms worsen or if you are considering the addition of cereal to formula.
- Thickening formula with cereal\* is **controversial**.  
(\* added cereal may cause constipation, over-feeding, or under-feeding).

### Reference:

Adapted from: 2004 MDCH WIC Special Formula Training:  
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