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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“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: Dr. Carlos Lifschitz, Department of Pediatrics, Baylor College of Medicine