



Additional tips for infants 6 – 12 months of age:

- When your baby starts having solid food you are likely to see changes in the amount of bowel motions and what they look like.
- Introduce iron-fortified baby cereal made with breast milk or infant formula. Breakfast cereals e.g. wheat biscuits can be introduced once a day from 8 months of age. Bran based cereals e.g. bran flakes, are too high in fibre for babies and should be avoided.
- Introduce fruit and vegetables into your baby's diet such as banana, melon (without seeds), avocado, cooked carrot, pumpkin, kumara or potato (peeled).
- If your baby is over 7-8 months of age you could try pureed prune, pear, kiwi fruit, apple or watered down juice for one week until the bowel motions soften. Mix one tablespoon of juice with one tablespoon of water to make a diluted juice drink and give this once a day.
- Make sure the solid foods you give your baby are right for their age. Ask your Doctor or your Plunket nurse if you need more information about age appropriate foods.



IF CONSTIPATION PERSISTS - PLEASE SEE YOUR DOCTOR



Healthy Bowels Healthy Baby



A guide to managing constipation in infants under 1 year of age

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Patient education sheet: Constipation in infants Under 1 Year of Age	Dept: Nutrition & Dietetics	Last updated: Sept 11	Version: 1.0
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What is constipation?

Constipation for babies can mean any, or all, of the following:

- Difficulty or pain when passing bowel motions
- Passing bowel motions less often than normal. Babies may pass a bowel motion as often as after each feed or as little as once every 7-10 days. What is important is to know what is normal for your child.
- Bowel motions that are hard and perhaps very large, or small like hard pebbles.

The main reasons your baby can become constipated are:

- Not enough to drink
- Changing from breast to formula feeds or changing the brand of formula may result in changes in bowel motions
- The formula may not be correctly made up, for example not adding enough water to the formula powder
- Some medications, like iron supplement pills



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What can I do?

It can be difficult to know where to start. Below is a check list to help prevent constipation in your child:

- ✓ Check your baby is getting enough to drink. Ask a Health Professional if you are unsure of how much your child needs or if your baby is formula fed check the guidelines on the tin.
- ✓ If your baby is drinking enough but remains constipated, try giving extra cooled boiled water. Start with 50ml of water twice a day.
- ✓ If your baby is less than 8 months of age always give breast feeds or formula before offering solid foods.
- ✓ Formula feed babies are more likely to be constipated compared to breast feed infants. If you are formula feeding your child check that you are...



- ✓ Using the correct scoop,
- ✓ Filling the scoop with powder and levelling off with the back of a knife – do not pack the powder into the scoop,
- ✓ Adding the formula powder to the water,
- ✓ Using correct formula for their age,
- ✓ Keeping your baby on one brand of formula if you can.

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