

How to help toddler tummy problems

Painful toddler tummy problems, including toddler diarrhea and toddler constipation, are horrible for parents and babies alike. Here's a list of things to help keep your toddler's upset stomach under control.

- Look out for frequent watery poop. This is a sign your toddler has diarrhea. Speak to your doctor for advice.

- Wash your and your child's hands frequently and practice good hygiene to prevent it from spreading.

- Rehydrate your toddler after every bout of watery poop with 100-200ml of fluid.

- If your child is not taking fluids well, speak to your doctor. They will likely recommend an oral rehydration solution.

- Look out for dark, strong smelling pee, as this can be a sign of dehydration.

- Do not give your child sugary drinks, like fruit juice or sweetened beverages, carbonated drinks, tea, broth or rice water. These don't have the right balance of water, salts, and sugars and may make the diarrhea worse.

- If your child is having frequent diarrhea, make sure they are drinking an ORS and eating bland foods. Speak to your doctor.

- Keep your toddler home from daycare until 24 hours after their last bout of diarrhea and they are otherwise well.

- Regular bowel movements are important to your child's health. Signs of constipation are if your toddler doesn't poop at least three times a week or if poops are hard and dry or painful to pass. Speak to your doctor if you think your toddler is constipated.

- Give your toddler a variety of whole grains, fruits and vegetables and more water each day. Children should have no more than 120 ml of 100% fruit juice per day.

- Make sure your little one stays active as this can help the bowels to keep moving.

- Teach your child not to hold in a bowel movement and help them get to a toilet quickly when they need to.

- A gentle toddler tummy massage—moving hands clockwise—after a warm relaxing bath can help constipation to pass.

- Don't give any over-the-counter medication for toddler constipation unless recommended by your doctor.

Sources

Canadian Paediatric Society. Caring for Kids. Dehydration and Diarrhea in Children. Prevention and Treatment. https://www.caringforkids.cps.ca/handouts/dehydration_and_diarrhea Accessed September 2020 ^[1].

Source URL: <https://www.nestlebaby.ca/en/12-24-months/toddler-tummy-problems>

Links

[1] https://www.caringforkids.cps.ca/handouts/dehydration_and_diarrhea