

Tummy Troubles

Diarrhoea — Weaning, 6 Months +

Are you worried your baby may have diarrhoea?

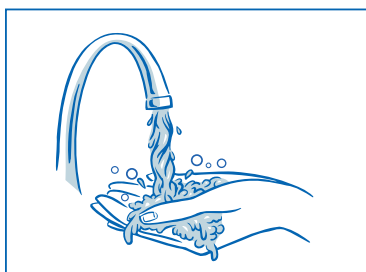
Most babies have occasional watery or loose poo. Breastfed babies have looser poo than formula fed babies. Diarrhoea is when your baby passes unformed watery poo more than three times in a day.

Do

- ✓ Make sure you give your baby plenty to drink, to stop them becoming dehydrated. Water is best, but if they won't drink water, give them enough of whichever fluids they will drink. In addition to this, also give your baby a drink immediately after each bout of diarrhoea (watery poo).
- ✓ Let your baby eat normally as soon as they feel like it. But they should avoid foods containing large amounts of sugar as this can make diarrhoea worse.
- ✓ Check your child's urine (wee) throughout the day. If your baby is drinking enough then their urine should be pale coloured and clear. If it is much darker than normal, strong smelling or cloudy then they could be dehydrated. If you are concerned that your child is becoming dehydrated, it is recommended that you give your child special rehydration drinks for children. Speak to your local pharmacist.
- ✓ Avoid sugary drinks, or drinks containing sugar substitutes (such as aspartame), as the sugar content may make your baby's diarrhoea worse.
- ✓ Give around an extra 100 – 200ml of fluid after each watery poo.

Do

- ✓ Practice good hygiene, washing hands thoroughly after each nappy change or potty visit. Dispose of soiled nappies and wipes safely, double bagging them to prevent germs from spreading.



Don't

- ✗ Don't give your baby anti-diarrhoeal medicine. All medicines should be recommended by a health care professional.



- ✗ Don't let your baby go to nursery or childcare until 48hrs after their last bout of diarrhoea – your nursery will advise

Don't

- ✗ Don't give your baby too much fruit juice, or soft drinks because these contain sugars which can worsen the diarrhoea.

Top Tips

- In most cases, mild diarrhoea is caused by a mild viral or bacterial illness.
- Maintaining a good standard of hygiene can help stop germs from spreading to others.
- Make sure you and your family wash your hands thoroughly and regularly, particularly before preparing food, after going to the toilet, or changing nappies.
- Supervise your child when they wash their hands or do it for them.
- Don't let your child share personal items, such as towels, flannels or face cloths. These items should be washed regularly at 60°C.

If these suggestions don't help, speak with your Health Visitor or GP.



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Constipation in babies 0–6 months

What is it? How is it treated?

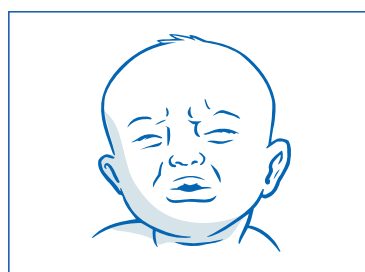
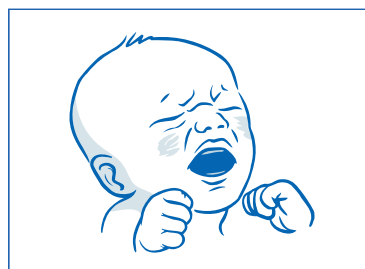
Are you worried your baby may be constipated?

It can be hard to tell why your little one is crying or uncomfortable and tummy troubles are often the cause. A breastfed baby will very rarely get constipation because breast milk is more easily digested than formula.

How would I know if my baby is constipated?

Constipation is a bit more than your baby's face turning bright red and pushing hard when they have a poo. Symptoms may include:

- Fewer than three bowel movements a week
- Crying and discomfort, irritability or pain before or when doing a poo
- Dry hard poo (either large or pellet-like) that your baby has difficulty in passing
- Tummy pain
- Loss of appetite
- Blood-streaked poo which could be due to tiny cracks in the skin caused by passing hard poo



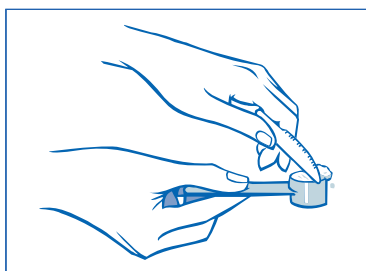
Do

- ✓ Remember it can be quite normal for a bottlefed baby to go a few days without having a poo. If your baby has plenty of wet nappies and is not distressed then there's not too much to worry about.
- ✓ Make sure that any formula milk is mixed properly – a feed that is too concentrated can lead to constipation.



Don't

- ✗ Don't dilute your baby's formula milk – you must ensure the correct amount of powder and water are mixed together. Always follow manufacturer's instructions.
- ✗ Don't pack formula into the measure. Level off the scoop to ensure the correct amount of powder is added to the water.



Top Tips

- A gentle tummy massage can relax the stomach muscles.
- Gently move your baby's legs in a bicycling motion to help move the poo along the intestine.
- If your baby is having formula, give them a little cooled boiled water between feeds, but don't dilute the formula.
- Try switching to a ready-to-use formula, as baby's stools will be softer.
- If these symptoms persist, or you have any concerns about constipation, speak to your midwife, health visitor or doctor.

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Tummy Troubles

Colic

Are you worried your baby may have colic?

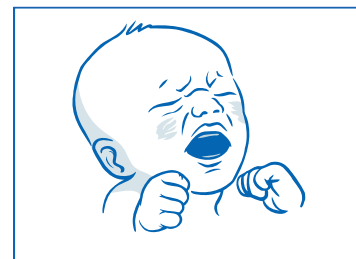
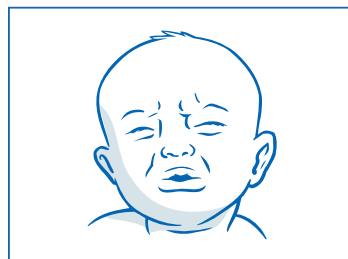
Colic is one of the most common feeding-related problems in young babies. There are a number of reasons why experts believe this occurs. These include immaturity of the digestive system, trapped wind, lactose intolerance and the balance of gut bacteria. Colic tends to occur equally amongst breast and bottle-fed babies. Maternal smoking also appears to play a role.

How do you know if your baby has colic?

Colic is defined as a baby with recurrent and prolonged periods of crying, fussing or irritability, without any obvious cause, when otherwise the baby is well and growing at a healthy rate. The crying often starts at 2 – 3 weeks of age and is worse during late afternoons and evenings. Colic normally goes away by 3 – 6 months of age with no long-term effects on your baby.

Other indications include:

- Screwed up eyes
- A flushed face
- Legs pulled up to the chest
- Lots of crying
- Clenched fists



Do

- ✓ Wind baby frequently whilst feeding, especially if baby tends to feed quickly.
- ✓ Give them lots of cuddles; rock them gently or have them close to you in a sling. Try holding baby in different positions too. Movement can be comforting; try walking or gently swaying with your baby. Going for a drive in the car can also be soothing too.



Do

- ✓ Try some distraction techniques, such as singing, looking in a mirror with them and showing them toys.
- ✓ In some cases babies seem to find household noises such as the vacuum cleaner, washing machine or a hairdryer soothing.



Do

- ✓ There are different types of colic remedies available, so ask your pharmacist for advice.
- ✓ If breastfeeding, it may help to have a look at your diet: caffeine, spicy foods, garlic, dairy and foods that promote wind (e.g. cabbage, cauliflower, broccoli, onions) have all been associated with colic.

Don't

- ✗ Don't despair if none of these work. Talk to your health visitor for further advice and speak to other mums with colicky babies to see what works for them. Support groups are available; ask your health visitor for information on the ones that are local to you.
- ✗ Don't let your baby get too hungry between feeds. Feeding them in smaller volumes more regularly may help.

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Bringing up milk

1

Young babies often bring up a little milk after feeds. This is known as 'possetting'. As long as your baby is content and putting on weight this is nothing to worry about.

2

It's important to wind your baby during and after feeds.

3

To wind your baby, support your baby in an upright position, either over your shoulder or on your lap, and gently rub their back until they bring up any wind.

4

Don't lie your baby down straight after a feed. Prop them up somewhere safe with a cushion or hold them in an upright position for about 20 minutes to help the milk go down.

5

If you are bottle-feeding, check you are using the right size teat for your baby's age and stage. If you are using a 'fast flow' teat the milk could be coming out too quickly.

6

Don't force your baby to take more milk than they want, they will let you know when they have had enough.

7

Speak to your GP or health visitor if your baby brings up milk after every feed or if they appear to be in pain or vomiting quite forcefully.



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Feeding Problems

Poo – What is Normal?

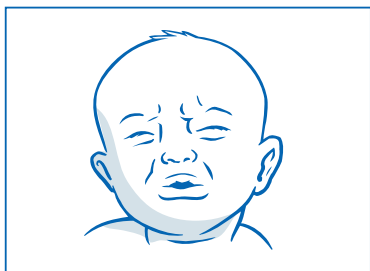
What should my baby's poos look like?

- Your baby's first poo (or stool) will be made up of something called meconium. This is sticky and greenish/black.
- After a few days the poo will usually change to a yellow or mustard colour. Breastfed babies' poo is runny and tends not to smell as much as formula fed babies.
- Formula fed babies' poo is firmer, darker brown and more smelly. Ready-to-feed liquid formula will produce softer stools than powder formula feeds.
- Some infant formulas can also make their poo dark green. If you change from breast to formula feeding, you'll find your baby's poos become darker and more paste-like, sometimes a greenish/yellow colour.



How often should my baby do a poo?

- Some babies fill their nappies at or around every feed. Some, especially formula fed babies, can go for several days or even up to a week without a bowel movement (both are normal).
- It's also normal for babies to strain or even cry when passing a poo. Your baby isn't constipated as long as their poos are soft, even if they haven't passed one for a few days.



Is it normal for my baby's poos to change?

- From day-to-day or week-to-week your baby's poos will probably vary in texture and colour. If you notice a marked change of any kind, such as the poo becoming very smelly, very watery or harder, particularly if there's blood in it, you should talk to your doctor or health visitor.
- Pale poos may be a sign of jaundice. If you're worried, speak to your midwife, health visitor or call our careline.



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Baby massage

Baby massage helps you to bond with your baby and may help your baby get a good night's sleep. It can also help with common baby problems like colic, constipation and crying.

You will need:

- Some massage oil that is suitable for use on your baby, such as pure olive oil.
- Something soft for your baby to lie on – a changing mat covered with a towel is ideal.

1 Choose a time when your baby is relaxed, such as after an evening bath. Don't massage your baby when they are feeling tired, hungry or upset.

2 Make sure the room is warm – approximately 78°F/24°C.

3 Remove any rings or bracelets and make sure you have warm hands.

4 Undress your baby and lie them on something soft.

5 Get yourself into a comfortable position, and pour a generous amount of oil into your hands. Rub your hands together to warm the oil.

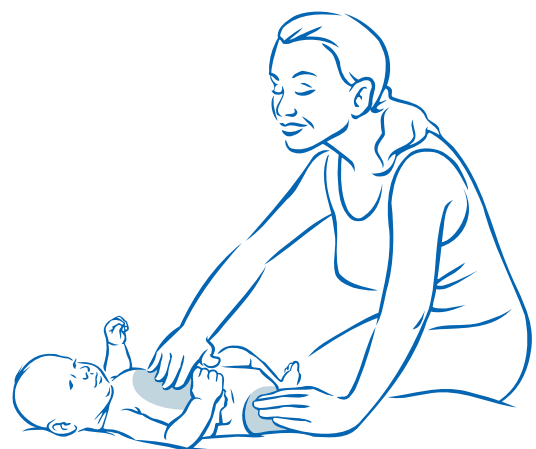
6 Start by gently rubbing and stretching your baby's feet and toes.

7 Work your way up your baby's legs, gently rubbing and squeezing the muscles.

8 Do the same for the arms and hands, and finish by stroking your baby's chest and tummy.

9 Talk to your baby and maintain eye contact as you massage. Don't rub or squeeze too hard, and don't persist if your baby doesn't seem to be enjoying it – not all babies do.

10 Attending a baby massage group will boost your confidence and is a great place to meet other mums – ask your health visitor if there's one available in your area.



Winding

1



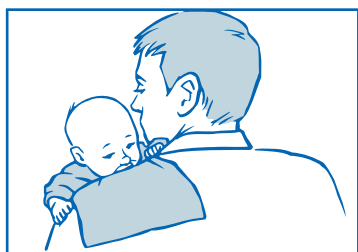
There are two main positions for winding your baby. The first is over your shoulder, one hand under your baby's bottom, the other ready to support your baby's head.

2



The second is with your baby sitting on your lap, one hand supporting their back, the other under their chin to support their head.

3



Your baby might bring up some milk when you wind them, so make sure you have a cloth handy to protect your clothes and mop up any mess.

4



Once you have positioned your baby, rub their back quite firmly until they burp. Take your time. It might take a while.

5



Once your baby has burped, they may want more milk now they have more room in their tummy.