

Guide to Common Digestive Problems in Young Children

Constipation

Signs & Symptoms

- vomiting
- fever
- tiredness
- low appetite
- excessive bloating or a "swollen" tummy
- presence of blood in the stool

Causes

- lack of movement
- poor digestion & absorption of nutrients
- sudden change in diet
- transition to eating solid food
- inadequate intake of fiber and water

What You Can Do

- Encourage physical activities to stimulate the digestive tract.
- Be consistent with potty training.
- Add more fiber to your child's diet and urge them to drink more water.

Colic

Signs & Symptoms

- inconsolable crying and irritability
- screaming without obvious cause
- bright red (flushed) face
- draws up their legs or tenses their abdomen
- clenching

Causes

- lack of movement
- poor digestion & absorption of nutrients
- sudden change in diet
- transition to eating solid food
- inadequate intake of fiber and water

What You Can Do

- Encourage physical activities to stimulate the digestive tract.
- Be consistent with potty training.
- Add more fiber to your child's diet and urge them to drink more water.

Flatulence

Signs & Symptoms

- vomiting
- fever
- tiredness
- low appetite
- excessive bloating or a "swollen" tummy
- presence of blood in the stool

Causes

- lack of movement
- poor digestion & absorption of nutrients
- sudden change in diet
- transition to eating solid food
- inadequate intake of fiber and water

What You Can Do

- Encourage physical activities to stimulate the digestive tract.
- Be consistent with potty training.
- Add more fiber to your child's diet and urge them to drink more water.

Consult your doctor for concerns about your little one's health and nutrition. You may want to check out organic milk.

Learn more about HiPP: www.hipp.ph

Breastmilk is best for babies up to two years of age and beyond.

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