

# When your child has constipation (12 months or younger)

Constipation means your child has fewer bowel movements (stools or poos) than usual. The bowel movements may be hard and dry, and difficult or painful to pass.

Here are some ways to help ease your child's constipation.

<b>Your Child's Age</b>	<b>What to Give</b>
Less than 4 months	<ul style="list-style-type: none"> <li>Boil water for 5 minutes, then cool. Give 15 ml (1 tbsp) of this water two times a day.</li> </ul>
4 to 5 months	<ul style="list-style-type: none"> <li>Boil water for 5 minutes, then cool. Give 15 ml (1 tbsp) of this water two times a day.</li> <li>If your baby has already had rice cereal, try oat and barley cereals.</li> </ul>
6 to 9 months	<ul style="list-style-type: none"> <li>If your baby has already had fruits and vegetables, try strained plums and pears.</li> <li>Offer 30 ml (2 tbsp) diluted prune or pear juice. To dilute juice, mix equal amounts of juice and water.</li> </ul>
10 to 12 months	<p>Offer:</p> <ul style="list-style-type: none"> <li>strained plums and pears</li> <li>30 ml (2 tbsp) diluted prune juice, as above</li> <li>whole grain breads</li> <li>whole wheat pastas</li> <li>fork-mashed fruits and cooked vegetables</li> </ul>

All children learn to eat foods at different times. Offer these foods only when your child is ready.

You may notice a change in your child's bowel movements once he or she starts adult foods and drinks homogenized milk. Do not give your child homogenized milk before 9 to 12 months of age.

**If you are concerned about your child's bowel movements, talk to your doctor.**