Baby constipation action list

Use these steps and warning signs from the article when stools turn hard.

- [ ] Check stool texture before counting diapers
- [ ] Note straining longer than 10 minutes without a stool
- [ ] Call the pediatrician for a baby under 2 months
- [ ] Ask the pediatrician before giving any juice or water
- [ ] Offer pureed pears, peaches or prunes once on solids
- [ ] Try a warm bath or gentle leg bicycling
- [ ] Avoid honey for any baby under 1 year
- [ ] Skip laxatives, suppositories and enemas unless advised
- [ ] Go to the emergency department for green vomit or weakness

Notes

For general education only. Not a substitute for professional medical advice.