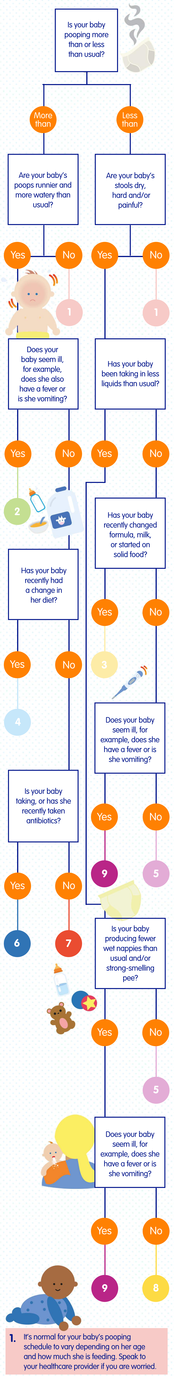
Troubleshooting tummy troubles:

Baby constipation or baby diarrhea?

When your baby is in discomfort with an upset tummy, you're sure to know about it, but sometimes it can be difficult to figure out exactly why. Follow this troubleshooting diagram to find out the possible reasons for baby constipation or baby diarrhea, and what you can do to help.



1. It's normal for your baby's pooping schedule to vary depending on her age and how much she is feeding. Speak to your healthcare provider if you are worried.

2. It sounds like your baby might be unwell with diarrhea. Speak to your healthcare provider for advice, as there are many possible causes including viral tummy bugs, bacteria and parasites. Remember to give your little one plenty of liquids, and if you're breastfeeding, continue with this. Also, frequent hand-washing, good hygiene, and disposing of diapers safely can all help stop the spread of diarrhea.

3. It sounds like a change in diet may have caused your baby's constipation. Speak to your healthcare provider for advice—they might recommend extra fluids and fiber, a special formula, supplement or laxative if appropriate.

4. It sounds like a change in your baby's diet, a food intolerance or food allergy may have given her diarrhea. Speak to your healthcare provider for advice and remember to keep your little one's liquids topped up. If you're formula feeding, you might also want to think about using a special formula and select the best option together with your healthcare provider. Or you could try giving your baby a probiotic supplement containing *Lactobacillus reuteri*.

5. Speak to your healthcare provider to help identify the cause of your baby's constipation and suggest possible solutions such as extra fluids and fiber, a special formula, supplement or laxative if appropriate. Babies can sometimes get constipated as a result of an immature digestive system, a delayed or disturbed gut microbiota, illness, not enough fiber in their diet or behavior such as withholding.

6. It sounds like your baby might have what's called antibiotic-associated diarrhea. This is quite common—affecting nearly a third of children treated with antibiotics—and happens as they cause an imbalance in the gut by killing helpful as well as harmful bacteria. Speak to your healthcare provider for advice. The good news is that probiotics, such as *Lactobacillus rhamnosus*, can support gut health during or after antibiotic treatment by helping to improve baby's gut flora and increasing the "friendly" bacteria.

7. Speak to your healthcare provider for advice and to help identify the cause of your baby's diarrhea. As diarrhea can cause dehydration, remember to keep your little one's fluids topped up.

8. It sounds like your baby may be dehydrated, and constipated as a result. Speak to your healthcare provider for advice to help a constipated baby—babies are more at risk of getting dehydrated than adults, so it's important to make sure your little one gets plenty of fluids.

9. Speak to your healthcare provider for advice and to help identify the cause of your baby's constipation as it could be a sign of an underlying illness.

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