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**Constipation**

**Everybody poops!**

* After one month of age, the “normal” number of bowel movements (BMs) per day can range from one poop every several days to several poops every day
* Breastfed (BF) babies poop more than formula-fed babies
* Younger babies poop more than older ones
* Exclusively BF babies should have seedy, mustard colored stools
* Formula-fed babies usually have yellow or tan colored stools
* Occasional variations in color and consistency are normal!
* Once babies start eating solids, consistency and frequency of stools with change
* Infrequent stools are NOT a sign of constipation as long as stools are soft
* Normal grunting, straining, or pushing for less than 10 minutes is normal!

**Is my baby constipated?**

* Hard, dry, pellet-like stools
* Pain or crying during the passage of a BM
* Unable to pass a BM after straining/pushing for more than 10 minutes
* No BM after more than 3 days (exception: BF infants over 1 month of age)

**My baby is constipated! What Can I Do?**

* Massage your baby’s belly in a clockwise motion
* Push your baby’s knees to their chest, move legs in bicycle motion
* Give baby a warm bath to relax their muscles
* If your infant is over 4 months and eating solid foods, try giving pureed fruits that are high in fiber – peaches, pears, prunes
* DO NOT give fruit juice before consulting with you doctor

**When to call the pediatrician?**

* You have tried the above suggestions with no relief
* Stool is black, white or blood-tinged
* Diarrhea: sudden increase in the frequency of stools and stools are very watery