

Toddlerhood



ARTICLE

How to help toddler tummy problems

Painful toddler tummy problems, including toddler diarrhoea and toddler constipation, are horrible for parents and little ones's alike. Here's a list of things to help keep your toddler's upset stomach

under control.

2 mins

to read

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Jan 27, 2021

Tips

- **Look out for frequent watery poop. This is a sign your toddler has diarrhoea, so ask your healthcare provider (HCP) for advice.**
- **Wash hands often and practice good hygiene to stop it from spreading.**
- **Rehydrate your toddler after every bout of watery poop with 100-200ml of fluid.**
- **Avoid sugary drinks. Drinks with artificial sweeteners aren't allowed in foods for children under three years old.**
- **Look out for dark, strong smelling pee, as this can be a sign of dehydration.**
- **Ask your pharmacist or HCP if rehydration drinks are advisable.**
- **Only give your toddler anti-diarrhoea medicine as recommended by your HCP.**
- **Keep your toddler home from nursery while ill and up to 48 hours after their last bout of diarrhoea.**
- **If your toddler doesn't poop at least three times a week it could be a sign of constipation.**
- **Give your toddler more fluids, ideally water or diluted fruit juice.**
- **Make sure they're getting plenty of fruit and veg in their diet.**
- **Make sure your little one stays active as this can help the bowels to keep moving.**
- **A gentle toddler tummy massage — moving hands clockwise — after a warm relaxing bath can help constipation to pass.**
- **Avoid over-the-counter medication for toddler constipation unless recommended by your HCP.**
- **For more on getting to the bottom of your little one's upset stomach, read [Troubleshooting tummy troubles](#).**

Source

<http://smababy.co.uk/toddler/toddler-tummy-problems>