

DIGESTIVE DISORDERS



DIGESTIVE DISORDER	HOW IT MANIFESTS ITSELF	HOW TO TREAT IT?
CONSTIPATION	<ul style="list-style-type: none">• Very hard and dry stools• Difficulty to evacuate• Belly pain• Anal fissure• Baby squirming, seems uncomfortable	<ul style="list-style-type: none">• Offer water or breastfeed more often, depending on the child's age (see our section on baby hydration).• Make sure baby moves and is active• Massage the belly to activate the peristalsis of the intestines.• If baby eats solid foods, offer fiber such as apple and prune puree.
COLIC	<ul style="list-style-type: none">• Constant crying even when baby's basic needs are met, which usually occurs at the end of the day/evening.	<ul style="list-style-type: none">• Make sure your baby is not hungry, has a clean diaper, is in a quiet environment.• Try probiotic drops.• Check for possible bovine protein intolerance.
VOMITING AND REGURGITATION	<ul style="list-style-type: none">• Baby vomits or regurgitates his food.	<ul style="list-style-type: none">• Vomiting: watch for food allergies, review baby's menu• Regurgitation: you have to be patient and count the days until baby starts solids!
INTOLERANCES AND ALLERGIES	<ul style="list-style-type: none">• Vomiting• Skin reaction: eczema, hives, redness• Anaphylaxis in some cases	<ul style="list-style-type: none">• When in doubt, check with a doctor, especially if your baby doesn't eat solid foods yet. When solids are introduced, you should introduce one food at a time to eliminate allergens one by one.
DIARRHEA	<ul style="list-style-type: none">• Stools are very liquid and more frequent than usual	<ul style="list-style-type: none">• Rehydrate your baby. If the diarrhea is not accompanied by vomiting, offer the breast or bottle more often, and possibly a rehydration solution.• If your baby is vomiting too, rehydrate, but more gradually.• If the diarrhea persists, go see your doctor