

Babies Under 6 Months Old

During the first month, babies may have a stool after each feeding, or a few stools a day. After one month, babies have fewer stools each day or even a stool every few days.

- Your baby needs only breastmilk or formula. Check with your doctor or WIC to be sure they are getting enough breastmilk or formula.
- If you're formula feeding, mix formula correctly. Review the directions on the can.
- Change formulas only after talking with your doctor or WIC staff. Changing formulas often can cause more problems.



Babies Over 6 Months Old

- Help your baby be more active. Move baby's legs like he or she is riding a bike. Encourage baby to move or crawl on the floor.
- Give your baby more liquids. You can offer 2 ounces of prune, pear or apple juice mixed with 2 ounces of water, twice a day, or 4 ounces of plain water twice a day.
- Give your baby more foods with fiber like soft fruits and soft cooked vegetables. Try about 2 to 4 ounces of fruits or vegetables each day.
- Soften one teaspoon of 100% bran cereal with breastmilk or formula and add this to your baby's cereal.

For infants of any age, contact the doctor if they're showing signs or symptoms, like severe pain or bloody stools, along with constipation.

Toddlers and Young Children

- Offer your child a variety of foods high in fiber. Whole grain breads and cereals, vegetables, and fresh fruit are especially good.
- Increase the fiber in your child's soft foods (like yogurt or homemade breads or muffins) and cereals by adding: 1 to 3 tablespoons per day of 100% bran cereal, or 1 to 2 tablespoons of finely chopped dried fruit like raisins, prunes, or dried apples.



- Regular exercise is important. Be sure your child gets to play actively every day!
- Give your child plenty of liquids, especially water, every day. You can also offer small amounts of prune, apple, or pear juice.
- Help your child go to the bathroom regularly. Set aside a quiet time each day for using the toilet. After a meal may be the best time.
- Encourage your child to use the bathroom when she needs to go. Do not rush your child.

Happy Kids, Happy Tummy

Serve your little ones whole grain versions of their favorite bread, cereal or pasta. It's a simple way to help them eat more whole grains. And, eating more whole grains that are higher in fiber can make potty time easier, too.

- Fresh fruit
- Whole grain muffins
- Soft cooked carrot slices
- Whole wheat toast strips
- Oatmeal cookies
- Whole grain cereal

Fruity Homemade Oatmeal

- 3/4 cup old-fashioned rolled oats
- 1-1/2 cups cold water
- 2 tablespoons raisins
- 1 apple; peeled, cored and chopped
- 1 teaspoon cinnamon

Put the water in a saucepan. Bring water to a boil on medium heat. Stir in oatmeal, raisins, chopped apple, and cinnamon. Turn heat to low. Cook 5 minutes, stirring often. Serves 2.



Ooodles of Noodles

Makes 6 servings

- 1 lb whole wheat pasta
- 1 bunch swiss chard or spinach; stems removed, coarsely chopped
- 3 garlic cloves, minced
- 2 tsp basil, dried
- 2 cups tomatoes; chopped, with all the juice
- 3 cups vegetable broth, low sodium
- 3 tbsp olive oil
- 3 tbsp whole wheat flour
- 1 tsp salt
- 1/2 tsp pepper

Cook pasta according to package directions. Then, heat a large skillet to a medium heat, add 3 tablespoons of oil, swirl to coat. Add tomatoes, garlic, chard or spinach, basil, salt and pepper. Sauté until greens are wilted and tomatoes are soft and produce juice. Sprinkle flour over vegetables and stir until completely incorporated. Slowly whisk in the broth. Continue to stir until sauce comes to a boil and thickens, about 5-8 minutes. Pour over pasta and serve.

Warning: Children under age 4 can choke on nuts, fruit skins, dried fruit, and raw vegetables. Cook all vegetables for infants and young children.



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Washington State WIC Nutrition Program

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HEALTHIER WASHINGTON



The facts about
constipation

Tips on adding more fiber, liquids, and activity to help with constipation!

Things to Know About Constipation

Dry hard stools (bowel movements or poops) that are hard to pass may be signs of constipation.

- Check with your doctor to make sure the problem is constipation and not something else.
- Don't worry about having daily bowel movements. If the stool is soft, it's probably not constipation.
- Don't use laxatives, mineral oil, suppositories or enemas unless your doctor prescribes them.



Constipation may be caused by:

- Not drinking enough liquids.
- Not enough movement or activity.
- Some medications.
- Dehydration due to vomiting, fever, or not enough liquids.
- Not eating enough foods with fiber.
- Some medical conditions (check with your doctor).
- Baby formula that is mixed wrong.

Fiber is important. Fiber helps with constipation because it's the part of our food that we can't digest — it helps make the stool softer.

Experts Recommend

Eat foods with more fiber, drink plenty of liquids, and be active everyday (like taking a walk).

Foods with Fiber for Children and Adults

Whole grains



- 100% whole wheat bread
- Whole grain crackers
- Whole grain muffins
- Corn tortillas

Cooked grains



- Brown rice
- Bulgur
- Whole wheat pasta
- Other whole grains

Breakfast cereals



- 100% bran cereal
- Shredded wheat cereal
- Whole wheat cereal
- Oatmeal
- Other whole grain cereals

Beans and nuts



- Pinto beans
- Black beans
- Navy beans
- Kidney beans
- Dried peas (split peas)
- Lentils
- Garbanzo beans
- Peanut butter

Dried and fresh fruits



- | | |
|----------------|--------------|
| Fresh | Dried |
| • Pears | • Prunes |
| • Oranges | • Raisins |
| • Apples | • Figs |
| • Strawberries | • Apricots |
| • Blackberries | • Pears |
| • Raspberries | • Peaches |
| • Cantaloupe | • Apples |

Vegetables



- | | |
|---|-------------------------|
| • Carrots | • Broccoli |
| • Peas | • Cauliflower |
| • Potatoes | • Cabbage |
| • Green beans | • Winter squash |
| • Corn | • Summer squash |
| • Cooked greens (spinach or other greens) | • Most other vegetables |

Tips for Foods and Snacks that Help with Constipation

Breakfast Ideas

- Bran muffins or bran cereals – for younger children, soften bran flake cereal by crushing the flakes in the bowl to a smaller size and adding the milk a few minutes before serving.
- 100% fruit juice, like prune, apple, or pear
- Oatmeal with raisins or other dried fruits
- Apricots—fresh, dried, or canned without added sugar

Snack Ideas

- Graham crackers
- Whole grain crackers
- Whole grain toast with peanut butter
- Fresh fruit or vegetables
- Snack mix made with Chex cereals and dried fruits

Lunch Ideas

- Sandwich using 100% whole wheat bread and vegetables, like tomato and lettuce
- Corn or whole wheat tortilla with refried beans
- Hummus with whole grain crackers

Dinner Ideas

Use whole grains in your main dishes

- Tacos or quesadillas with whole grain or corn tortillas
- Spaghetti with whole grain pasta

Make side dishes to include grains, vegetables, and fruits, like:

- Cooked fresh vegetables. Try squash, carrots, or green beans.
- Brown rice or bulgur
- Green salad or fruit salad



Try Fruity
Homemade
Oatmeal*

Make Oodles
of Noodles
for Dinner*



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* See recipes on the back panel.