

Constipation: Hard Bowel Movements

Many normal babies may not have a bowel movement every day. If your baby's bowel movements remain soft or mushy, they are not constipated. All babies grunt, strain, turn red and pull their legs up to have a bowel movement. This is a normal finding, because their abdominal muscles are very weak.

If there is no bowel movement for 48 hours or your child appears to be bloated or uncomfortable you may use a **glycerin suppository** to gently stimulate the passage of stool or gas. You may purchase glycerin suppositories at the drug store without a prescription. First, remove the foil and lubricate it with K-Y Jelly or Vaseline. Insert the suppository into the child's anus and remove it after a few seconds.

If your baby's stools become dry, hard and difficult to pass, you may offer:

- Pear or Prune juice. For babies less than one month, use ¼ strength. For babies over one month, use ½ strength juice (half water, half juice).