

## Regular Bowel Movements...



### ...It's Important to your Child's Health

- 1. Making sure that your child has a soft, log-formed bowel movement on a regular basis is important:**
  - Infants will usually have several dirty diapers a day and more if taking breast milk.
  - Stools will become more formed when a baby starts to eat solid foods.
  - Bowel movements will soon become soft, bulky and occur on a more regular basis.
- 2. There are several things that you can do to help your child stay regular:**
  - **Give your child plenty of fluids to drink** to keep the stool soft.
  - **Serve your child foods high in fiber**, like fruits, vegetables, bran cereals, brown rice, barley, whole wheat, oatmeal, prunes and stone-ground corn. They are natural stool softeners.
  - **Encourage your child to keep active.** Physical activity helps stool to move through the body.
- 3. You should call your health care provider if:**
  - Your child goes more than 2-3 days without a bowel movement.
- 4. If your child's stools become hard, small, and ball-shaped, your child has become constipated:**
  - Call your health care provider for information on how you can help your child get back to normal.
  - Every child is different. What may work for one child may not be best for another.

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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