

Toddler tummy troubles

Poo. Where there's a toddler there's lots of it, especially if your toddler's tummy problems are present. Here's a list of things to help you keep your toddler's upset stomach under control.

- ✧ Frequent watery poo is a sign your toddler has diarrhoea, so ask your GP for advice.
- ✧ Wash hands often and practice good hygiene to stop it from spreading.
- ✧ Rehydrate your toddler after every bout of watery poo with 100-200ml of fluid.
- ✧ Avoid sugary drinks. Drinks with artificial sweeteners aren't allowed in foods for children under three years old.
- ✧ Dark, strong smelling wee can be a sign of dehydration.
- ✧ Ask your pharmacist or GP if a rehydration solution is advisable.
- ✧ Only give your toddler anti-diarrhoea medicine as recommended by your GP.
- ✧ Keep your toddler home from nursery while ill and up to 48 hours after their last bout of diarrhoea.
- ✧ If your toddler doesn't poo 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.
- ✧ Being active can help the bowels 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 GP.