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Pediatric GI Health: Bright & Easy Guide for Parents

COMMON GI ISSUES & SIMPLE CARE TIPS

Vomiting

 Give tiny sips of ORS frequently

 Start with clear liquids, avoid heavy meals

Keep hands clean to prevent infections

Diarrhea

□ ORS after every loose stool = most important

 Continue breastfeeding and regular meals

 Zinc for 14 days (as advised)

 **Constipation**

 Add fibers fruits, veggies & whole grains

 Keep your child well-hydrated

 ♂ Encourage play & physical activity

 Set a fixed toilet routine

Abdominal Pain

 Track timing, food triggers, and patterns

 Avoid spicy/junk foods

 Ensure good sleep & meal discipline

Gas & Bloating

Avoid soft drinks and overeating

 Burp infants after each feed

 Teach slow, mindful eating

 **RED-FLAG SIGNS** — Seek Medical Care Immediately

 Signs of Dehydration

Dry mouth, sunken eyes, very little urine, excessive sleepiness

 Severe Vomiting

Greenish vomit, blood in vomit, or forceful projectile vomiting

Severe Abdominal Pain

Pain waking the child at night

Pain focused on one spot

Blood in Stool

Bright red or black tarry stools

Fevers > 3 Days

Especially when accompanied by GI symptoms

 Poor Weight Gain or Weight Loss

 Chronic Symptoms

Diarrhea > 2 weeks

Constipation with vomiting or swelling

 Distended / Swollen Abdomen

 **Newborn Alert**

No passage of meconium within 24–48 hours

□ When in Doubt — Consult Your Pediatrician!