



Home Care Tips For Managing Baby's Constipation

Give the baby a warm bath to help relax abdominal muscles.



Have the baby do light exercises, such as tummy time and crawling.

Gently massage the baby's belly in a circular motion.



Offer sufficient water, breast milk, or formula milk for hydration.

Give up to 30ml of homemade prune juice to babies over six months old.



Switch to another type or brand of formula milk after a doctor consultation.