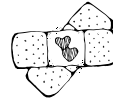


Nursing Note



Jeri Cress, Sunset Nurse

Tummy Troubles

Listed below are possible reasons that children complain of stomach aches:

- **Constipation** is one of the most common reasons for abdominal pain in children. By four years of age, a child usually has one or two formed bowel movements per day. To treat constipation, have your child eat more fruits, raw vegetables, bran, whole-grain breads & cereals, and drink plenty of water. Limiting milk and other dairy products can help. Regular physical activity is also important.
- **An infection** somewhere in the body such strep throat, pneumonia, an ear infection, or a urinary tract infection can sometimes cause a stomach ache.
- **Food.** Some children get abdominal pain because they ate too much of something, ate a food that was too spicy or greasy, or ate a food they have an allergy or intolerance to.
- **Appendicitis.** If the pain starts by the belly button and then moves to the lower right side of the abdomen, it might be appendicitis. Fever or vomiting, loss of appetite along with pain that gets worse can also be signs of appendicitis.
- **Stress.** Many children have a "nervous stomach" when they are worried or stressed.