

Tummy Trouble



Tummy-aches can be caused by eating too much food, eating spoiled food, stress, infection, or parasites.

Vomiting and diarrhea can cause a child to lose body fluid and become dehydrated. Signs of dehydration are dry skin, dry mouth, and sunken eyes. Offer your child sips of water or caffeine-free beverages. Gelatins or frozen ice pops are also good.

Call your doctor if the diarrhea or vomiting continues for more than one day (or sooner, for infants) or if your child seems dehydrated.