



Find out what's going on in there

“My tummy hurts.”

Wish you could channel Dr. House to figure out why your child has a stomachache? Laura Jana, M.D., an American Academy of Pediatrics spokesperson, shares the most common causes:

If your child has... > It could be... > What your doctor might recommend...

Bloating and stomach cramps	Overeating and/or gas	A warm compress and gentle belly rub. Tums Kids can also ease heartburn pain in children over 2
Stomach pain and hard, pelletlike bowel movements	Constipation	Diluted prune or pear juice or an over-the-counter stool softener; more fiber in his diet
Nausea, vomiting, diarrhea, fever, and chills	Stomach flu	Offer plenty of liquids and water-based foods like soup to prevent dehydration
Stomach cramps, vomiting, diarrhea, and often fever	Food poisoning	Plenty of fluids to prevent dehydration
Gas, vomiting, or stomach upset after eating dairy foods	Lactose intolerance	Lactose-free milk and cheese or Lactaid pills taken before eating dairy foods
Stomachache plus sore throat and sometimes fever	Strep throat	Antibiotics
Severe pain around the navel or right area of the stomach	Appendicitis	An immediate office visit or a trip to the ER
Unexplained stomach pain that occurs in an otherwise “well” child	Stress	Look for ways to ease stressors like overscheduling. A counselor may help, too. —Jodi Helmer