



# Upset Stomach in Children: What to Watch For

**Upset stomach in children** is a common issue that can result from various causes, including viral infections, food intolerances, or stress. Symptoms may include nausea, vomiting, diarrhea, abdominal pain, or bloating. In many cases, it resolves on its own within a day or two, but it's important to monitor the child for signs of dehydration or worsening symptoms. A balanced diet, adequate hydration, and rest are crucial for recovery. If the upset stomach persists for more than a few days or is accompanied by severe pain or fever, seeking medical advice is recommended for proper diagnosis and treatment.

## Upset Stomach in Children

An upset stomach in children is a common issue that can result from infections, food intolerances, overeating, or stress. While most cases are mild and resolve on their own, some symptoms may indicate a more serious condition requiring medical attention.

## Common Causes of Upset Stomach in Children

1. **Viral or Bacterial Infections (Gastroenteritis)** – Stomach flu (norovirus, rotavirus) or food poisoning (E. coli, Salmonella).
2. **Food Intolerances/Allergies** – Lactose intolerance, gluten sensitivity, or allergic reactions to foods like nuts, eggs, or dairy.
3. **Indigestion or Overeating** – Eating too much, too fast, or consuming spicy/fatty foods.
4. **Constipation** – Hard stools causing abdominal discomfort.
5. **Acid Reflux (GERD)** – Stomach acid flowing back into the esophagus, causing heartburn.
6. **Stress or Anxiety** – School pressure, family issues, or emotional distress can trigger stomachaches.
7. **Appendicitis** – A medical emergency causing severe pain in the lower right abdomen.
8. **Intestinal Blockage** – Rare but serious, causing vomiting and severe pain.



## **Symptoms to Watch For**

### **Mild Symptoms (Usually Not Serious)**

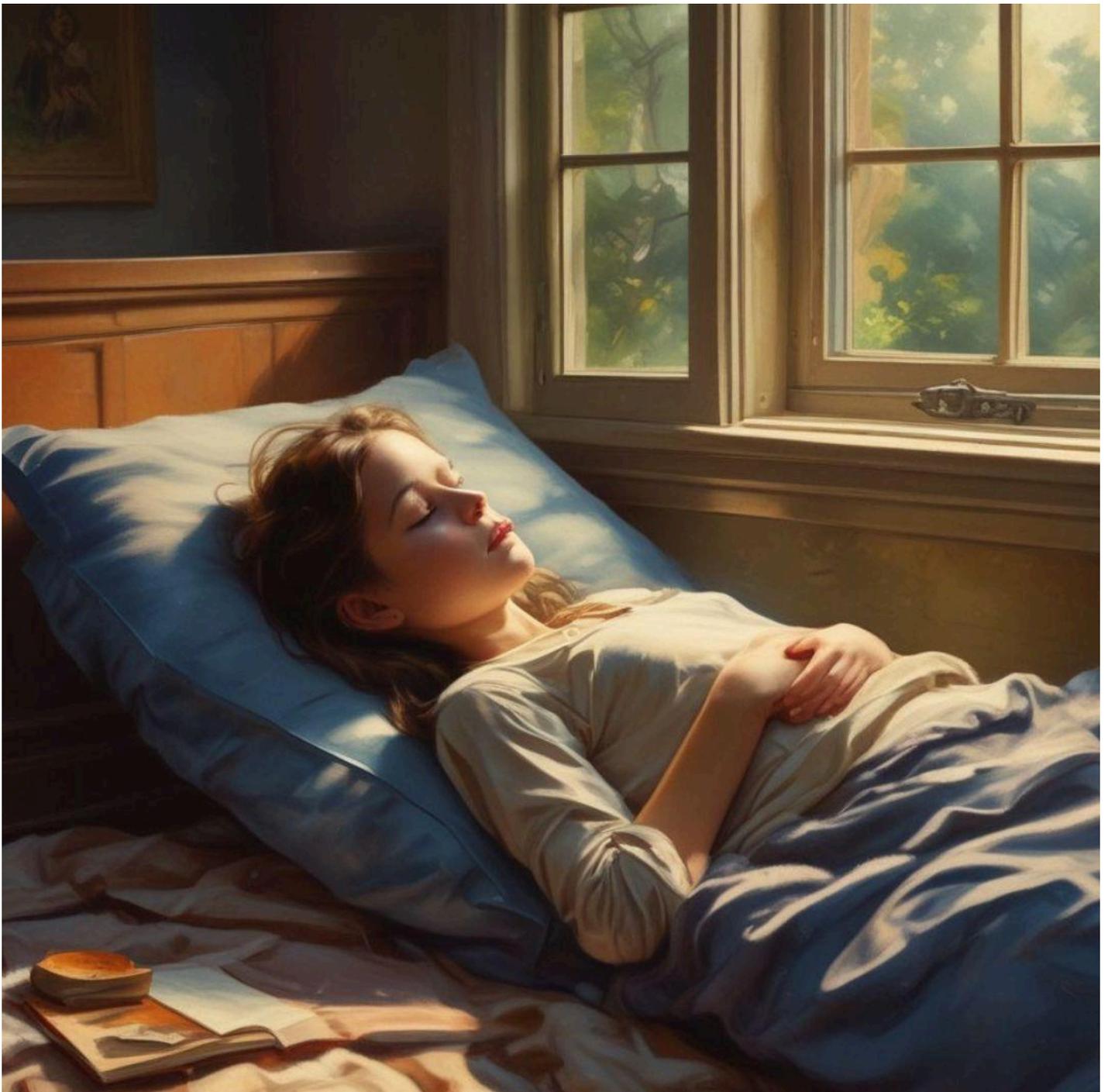
- Temporary stomach pain or cramping
- Mild nausea or occasional vomiting
- Gas or bloating

### **Serious Symptoms (Seek Medical Help Immediately)**

- **Severe or Persistent Pain** – Especially if localized (e.g., lower right side for appendicitis).
- **High Fever (Above 102°F or 39°C)** – Could indicate infection.
- **Blood in Vomit or Stool** – May signal infection, inflammation, or intestinal issues.
- **Green or Projectile Vomiting** – Possible sign of intestinal blockage.
- **Dehydration Signs** – Dry mouth, no tears when crying, sunken eyes, reduced urination.
- **Lethargy or Extreme Weakness** – Child is unusually drowsy or difficult to wake.
- **Swollen or Hard Abdomen** – Could indicate a serious blockage or infection.
- **Pain While Urinating** – May suggest a urinary tract infection (UTI).

## Home Care for Mild Upset Stomach

- **Hydration** – Offer small sips of water, oral rehydration solutions (ORS), or clear broths.
- **BRAT Diet** – Bananas, Rice, Applesauce, Toast (bland foods that are easy to digest).
- **Avoid Dairy & Sugary Foods** – Can worsen diarrhea.
- **Rest** – Let the child lie down and relax.



- **Heat Pad** – A warm (not hot) compress may ease cramps.

## **When to See a Doctor**

- Symptoms last more than 24-48 hours.
- Signs of dehydration (no wet diapers for 6+ hours, extreme thirst).
- High fever, severe pain, or bloody stools.
- Child is unable to keep fluids down.
- History of recent travel or exposure to contaminated food/water.

## **Prevention Tips**

- Encourage **handwashing** to prevent infections.



- Ensure **proper food handling & storage**.
- Avoid **overeating or eating too quickly**.
- Manage **stress and anxiety** with relaxation techniques.

If your child's symptoms are severe or worsening, [\*\*seek medical attention immediately\*\*](#) to rule out serious conditions like appendicitis, bowel obstruction, or severe infections.