

FOODS

Prunes for Babies: Natural Relief for Baby Constipation

Prunes are one of the best natural remedies for baby constipation. Learn when to introduce prune puree (4-6 months), how much to offer, and when to see a doctor.

Frequently Asked Questions

When can babies eat prunes?

Prunes can usually be introduced around 6 months, when babies show signs of readiness for solids. They are best served as a smooth puree at first, since whole or large pieces of dried fruit are a choking hazard. Check with your pediatrician about your baby's individual readiness.

Do prunes help with baby constipation?

Yes. Prunes are high in fiber and natural sorbitol, both of which help soften stools and support regular bowel movements. Prune puree is a common, gentle remedy when a baby is constipated. Offer it alongside fluids and other fiber-rich foods, and talk to your pediatrician about ongoing constipation.

Are prunes a common allergen?

Prunes are not one of the major allergens, and reactions are uncommon. As with any new food, introduce prunes on their own and watch for signs of a reaction. Speak with your pediatrician if your baby has a history of allergies.

How much prune puree should I give my baby?

Start small, with a teaspoon or two, especially if using prunes for constipation, since too much can cause loose stools or gas. You can gradually increase as tolerated. Your pediatrician can suggest an appropriate amount for your baby's needs.

How do I make prune puree?

Simmer or soak pitted prunes in water until very soft, then blend to a smooth puree, adding the soaking liquid to reach the right consistency. Always make sure no pits remain. Prune puree can be served on its own or stirred into oatmeal.

Are whole prunes safe for babies?

Whole and large pieces of dried prune are a choking hazard for babies because they are chewy and sticky. Serve prunes as a smooth puree for younger babies, and only offer small, soft pieces once your child is chewing well, under supervision.