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## DIFFICULTIES ENCOUNTERED IN INFANTS DURING THE PERIOD OF GASTROINTESTINAL ADAPTATION

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**Annotation:** This article analyzes from a scientific point of view the difficulties that arise during the period of gastrointestinal adaptation in infants. During the first months after birth, the incomplete maturation of the gastrointestinal system, low enzymatic activity and the formation of intestinal microflora cause various physiological and pathological conditions. The article reviews the most common problems, such as regurgitation, colic, flatulence, diarrhea and constipation, their causes, as well as methods of prevention and mitigation. The results of the study will serve as a basis for ensuring the healthy development of infants and developing practical recommendations for parents and doctors.

**Keywords:** baby, gastrointestinal adaptation, regurgitation, colic, intestinal microflora, flatulence, constipation, digestive difficulties.

The first weeks of a baby's life are characterized by the adaptation of the body's systems, in particular the gastrointestinal system, to the external environment. The baby, who was fed through the mother's body during pregnancy, after birth, switches to an independent digestive process. This transitional period is called the period of gastrointestinal adaptation, which is a physiologically complex and important stage. It is during this period that various difficulties may arise due to the morphological and functional immaturity of the digestive system. The gastrointestinal system in infants is characterized by insufficient formation of enzymatic activity, instability of intestinal peristalsis, and the new formation of the intestinal microbiota. As a result, conditions such as regurgitation (regurgitation), flatulence, colic, diarrhea or constipation often occur. Although these symptoms are often physiological in nature, in some cases they can cause the onset of pathological processes.

Difficulties in gastrointestinal adaptation directly affect the baby's general condition, feeding regimen, weight gain, and the formation of the immune system. These conditions can also cause anxiety in parents, leading to improper care and inappropriate medication. Therefore, it is important to study this issue scientifically and distinguish between physiological and pathological conditions.

This article analyzes the main difficulties encountered in infants during the period of gastrointestinal adaptation, their causes, and modern approaches to prevention and relief.

After the baby is born, its gastrointestinal system adapts to life independent of the conditions in the mother's womb. If during pregnancy the digestive processes were carried out by the mother's body, then after birth the child's gastrointestinal system begins to function independently. During this period, the stomach is small, the enzymes pepsin and



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lipase are not sufficiently developed, and intestinal peristalsis is also unclear. Because of this, various difficulties arise in the digestive process.

The main problems that occur in infants during this period include:

Regurgitation and vomiting

In newborns, the sphincter between the lower part of the stomach and the esophagus is not yet fully developed, which leads to the regurgitation of food. Physiological vomiting is often considered safe, but its frequent or large occurrence is a pathological sign.

Colic and flatulence

As a result of the instability of intestinal peristalsis, gas formation and the formation of intestinal microflora, colic (abdominal pain) and flatulence are observed in infants. This condition is manifested by the baby's inability to sleep, refusal of food and restlessness.

Diarrhea and constipation

During the period of gastrointestinal adaptation, infants experience diarrhea or constipation due to irregular bowel movements. Diarrhea can usually be associated with gastrointestinal infections or changes in nutrition. Constipation is explained by a lack of fiber in the diet, intolerance to dairy products or water deficiency.

Allergic reactions and food intolerance

Some infants develop allergic reactions or intolerance to food products along with gastrointestinal adaptation. Sensitivity to milk protein, lactose intolerance and other nutritional problems make the baby's digestion process difficult.

Causes of difficulties

Gastrointestinal difficulties may be associated with the following factors:

Low physiological maturity - incomplete formation of the digestive system and enzymatic activity.

Nutritional errors - improper feeding, frequent feeding or introduction of complementary foods.

Adaptation of intestinal microflora - normal flora is formed during the first months after birth.

Environmental and external conditions - stress, cold, high humidity, infections.

Methods for preventing and alleviating gastrointestinal difficulties

To reduce difficulties and ensure the healthy development of the baby, the following recommendations are made:

Proper feeding - encourage breastfeeding, follow the doctor's recommendations when using formula milk.

Attention to the position after meals - hold the baby slightly upright before putting him to bed, reduce pressure on the stomach.

Support for intestinal microflora - probiotics, if necessary, supplements recommended by a pediatrician.

Protection from infections - compliance with hygiene rules, monitoring the quality of food and water.

Psychological preparation of parents - prevention of improper treatment of natural regurgitation and colic in the baby.



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The period of gastrointestinal adaptation in infants is one of the most complex and sensitive periods of the body during the first months after birth. During this period, various difficulties, including regurgitation, colic, flatulence, diarrhea and constipation, are common due to the incomplete maturation of the gastrointestinal system, low enzymatic activity and the formation of intestinal microflora. The causes of difficulties are associated with physiological, nutritional, microbiological and environmental factors, and their timely identification and application of the right approach are important for the healthy development of the baby. Breastfeeding, probiotics and proper care methods help reduce difficulties in gastrointestinal adaptation. At the same time, it is of great importance to familiarize parents and caregivers with the natural processes of this period, as well as to teach them to recognize pathological signs and seek qualified medical help. The scientific data obtained will serve as the basis for developing recommendations for the prevention and effective management of gastrointestinal difficulties in infants.

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