

Trust your gut when it comes to your children's tummy aches

Alissa Bartel, nurse practitioner, OSF HealthCare

"There are so many different reasons that a child could complain of a stomachache. It could be something easy, like constipation or something they ate, food allergies or indigestion. They could have come across a virus at school or on a play date or even in their own home." (:18)

Alissa Bartel, nurse practitioner, OSF HealthCare

"If your child is someone who does not complain about things, and they're complaining about a very bad pain that's bringing them to tears, that serious. A fever is another serious symptom, and swelling of the belly can also indicate something more serious." (:16)

Alissa Bartel, nurse practitioner, OSF HealthCare

"It's really about looking at patterns, knowing our kids and paying attention to the signs they give us." (:4)

Alissa Bartel, nurse practitioner, OSF HealthCare

"If you think that something is wrong with your child, take them in to be evaluated immediately. There is never anything wrong with erring on the side of caution." (:10)