



CHILDREN'S TUMMY ACHE TRACKER

Use this tracker to monitor the frequency and identify potential patterns of your child's upset stomachs. Share this information with your child's doctor if symptoms persist*.

Date of upset stomach:
Time of last meal:
Time child first complained:
How long did it last?
Did child continue normal activity or become lethargic?
Meal consisted of the following foods: _____



1) How bad is the stomachache?
(Ask your child to describe the stomachache. Ask the following questions, check boxes that apply and describe)

- Does your tummy hurt a little or a lot? _____
- Where does it hurt (all over or in one specific spot)? _____
- Does it feel like you have to go to the bathroom? _____
- Do you have a "funny"/sour taste in your mouth, does your throat or chest feel hot inside? ____

2) What might be causing it?
(Ask your child the following questions and check all that may apply)

- Overindulging – Do you feel like you ate too much?
- New/spicy foods – Did you eat something that you have never tried before or something spicy?
- Eating fast – How long did it take to eat your meal/snack?
- Stress – Do you have a big project, test or game coming up?
- Emotional problems – Are you scared or worried about something?
- Overscheduling – Do you feel like you have too much going on during the day to have time to yourself?
- Constipation – When was the last time you "pooped" or had a bowel movement? Was it normal, loose or hard?

3) How did you treat it? How effective was this treatment?
(1 = not effective, 5 = extremely effective)

- Did not do anything to treat it
1 2 3 4 5
- Gave him/her an over-the-counter remedy like TUMS® Kids™
1 2 3 4 5
- Had him/her lie down
1 2 3 4 5
- Served ginger ale
1 2 3 4 5
- Gave him/her peppermint
1 2 3 4 5
- Other _____

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*Nausea, vomiting and diarrhea with or without a fever can signal a bacterial or viral infection in the stomach or intestines. Contact your child's doctor for treatment advice, and call immediately if your child has sharp belly pain in one specific spot (especially around the belly button), if he is unable to keep down fluids, has blood in his stool or a fever of 104 degrees Fahrenheit or higher.