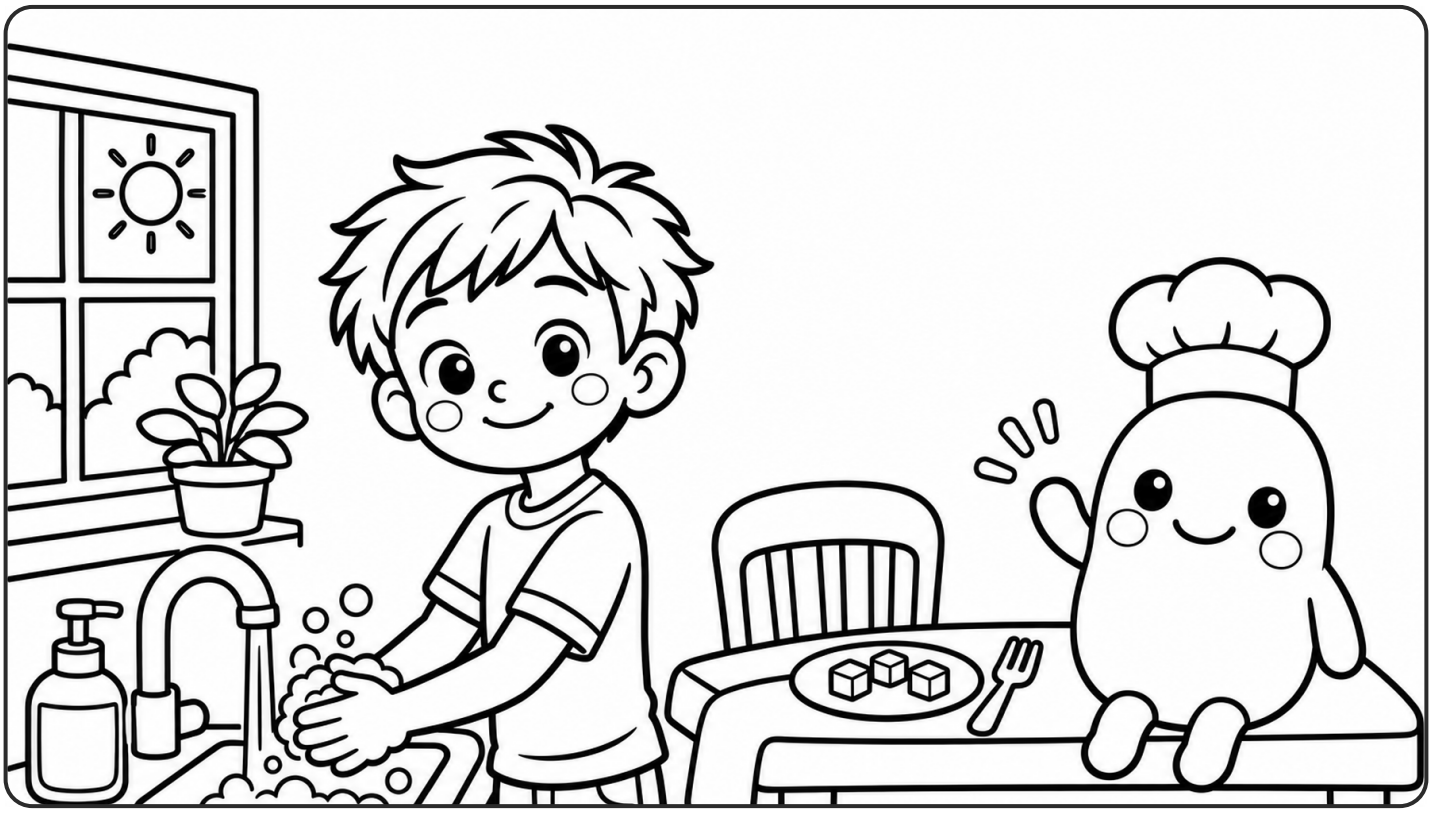
Why does my stomach hurt?

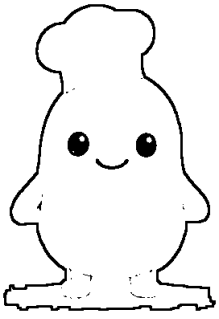
My tummy hurts! Why does my stomach hurt?



Why?

1. **Too much food, too fast**
   Your stomach gets too full, and it hurts.
2. **Gas bubbles, stuck inside**
   Your tummy feels big and puffy, until the gas comes out.
3. **Worry can make your tummy hurt**
   Your tummy and your brain send messages all the time. Both ways!

Color Beanie too!



Try it! Next time

You need: a meal

1. Wash your hands before you eat.
2. Take small bites.
3. Eat slowly.

What happened? Your stomach gets too full, and it hurts.

Video + more questions:
whywhywhykids.com/stomachache

scan with a grown-up