

CONSTIPATION TIPS

1) Add more fluids

Fluid helps move food through the bowel. Encourage your child to drink small amounts of water throughout the day. If your child won't drink extra liquids, offer foods like yogurt, low-calorie popsicles, soups, or other healthy foods that are liquid at room temperature.

2) Add more fiber

Fiber absorbs water and contributes bulk, helping stool move through the body. Try to add 2 extra servings of fiber-rich foods every day, such as:

Fruits, berries, and dried fruits:

- Apples
- Oranges
- Pears
- Strawberries
- Prunes (contains natural laxative)
 - Prune Juice
 - Prune puree (baby food)
 - Whole Prunes

Vegetables (raw or cooked):

- Green beans
- Corn
- Dried or canned beans/peas
- Broccoli
- Greens

Whole grain cereal, breads, and crackers:

- Whole wheat bread
- Brown rice
- Whole grain cereal (such as Cheerios)
- Oatmeal
- Unprocessed wheat or oat bran

CAUSES

- Not drinking enough fluid
- Not eating enough fiber
- Not being active

(Abnormal muscle tone, illness, and some medications also affect regularity.)

3) Encourage activity

Activity helps stimulate bowel motion, so a daily activity routine will help. Children with special needs should be encouraged to be as active as possible.

4) Encourage regular toilet routine

Allow your age-appropriate child 5-10 minutes after each meal to help establish a regular pattern.

For babies:

Include small amounts of water or diluted juice. If older than 4 months, offering baby food prunes daily can help.

Avoid corn syrup since it can contain contaminants.