

NATURAL CONSTIPATION RELIEF *for Kids*



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Natural Constipation Relief

What are normal bowel movements?

1-2 bowel movements per day ranging up to a stool every 2-3 days

Bowel movements occur without discomfort or pain

What are the signs of constipation?

Stools are hard, dry or difficult and/or painful to pass

Abdominal pain or tummy cramps

Many days without a bowel movement

Soiling or accidents in the pants (also called encopresis)

Poor appetite and eating

Cranky behavior

Tries to make a bowel movement, but may be trying to hold it in

Encopresis happens when stool is held in the intestinal tract for a long time and grows very large, stretching the rectum. The urge to go may be dulled and your child may not recognize he needs to pass a bowel movement. Sometimes liquid stool makes its way around the large, hard stool in the rectum and leaks out into the underwear. It may look like diarrhea, but is really a side effect of significant constipation.

Who is affected?

Infants: constipation is rarely a problem, but it can crop up when you start giving your baby solid food. This is due to the intestinal tract adapting to digesting and processing more complex food.

Older kids: diet is often the culprit of constipation. Foods with little fiber, such as dairy products or too many processed foods, can encourage constipation. Not enough water in the diet (from liquids or fruit/veggies) can contribute to constipation.

Severe cases of constipation may warrant medical management with medications.

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4 Strategies to Naturally Manage Constipation

1. Add Fiber
2. Increase Water
3. Exercise
4. Maintain toilet routine

Foods with Fiber

pear
pear nectar
berries
cherries
apricots
seeds
prunes
prune juice
dried fruit
nuts
flaxseed
raw veggies
beans
broccoli
cauliflower
whole wheat bread
whole grain cereal

Minimum Fiber Needs = Age + 5 grams

Ex: 2 year old needs 7 grams fiber
8 year old needs 13 grams fiber

Water

Aim for 32 to 64 oz
per day

Exercise

Move every day
4 years & older:
60 minutes per day

Other tips:

Remove dairy for 2 weeks. If better, keep off dairy and use a non-dairy substitute like soy milk.

If added fiber creates more problems, talk with your doctor.