

# — CONSTIPATION IN TODDLERS —

## 4 simple tips to try

### Diet

- Fewer "white" foods (pasta, bananas, cereal, bread)
- More whole grains, complex carbs, higher fiber foods (leafy greens) and "P" fruits (pears, prunes or papaya). Pasteurized pear/prune juice can also be helpful.
- Aim for a minimum fiber goal of (child's age + 5)

### Hydration

- Fluid helps fiber do its job.
- Aim for a total water goals of approximately

Age	Water (total)
1-2 y	8-32 oz 1-4 cups
2-5 y	8-40 oz (1-5 cups)

Source: healthychildren.org

### Mechanical help

- Focus on physical activity!  
Climbing, running, even crawling will help tremendously.
- Try abdominal massage and warm baths.
- **TPM Tip:** some kids benefit from working with a physical therapist.

### Habits

- Potty training can lead to withholding - talk to your pediatrician if you're concerned about this.
- Sit on the toilet for 10 minutes, approx. 30min after each meal.
- Use a foot stool to position body correctly (feet should not dangle).
- No screentime on the potty!

### Medications

For children with a long history of constipation, it will take time to learn the right habits. Medication may well be necessary in the interim. Always talk to your pediatrician before starting medications.