

— CONSTIPATION IN KIDS > 5YR —

4 simple tips to try

Diet

- Increase soluble AND insoluble fiber with *minimum* goal of (child's age + 5-10 grams)
- Fewer white foods (dairy, simple carbs e.g. pasta, white bread)
- More whole grains, high fiber foods (leafy greens) and "P" fruits (pears, prunes, papaya)
- **TPM constipation smoothie:**
0.5 cup spinach; 0.5 cup frozen blueberries; 0.5 cup frozen strawberries; 1 tbsp chia seeds; 1-2 cups of non-dairy milk; 2 pitted prunes (can also add pitted dates). Blend and serve!

Hydration

- Fluid helps fiber do its job.
- *Ideal* goals:

Age	Fiber (g)	Fluid (oz)
4-8 y	25	55-60
9-13 y	Male: 31 Female: 26	Male: 80-85 Female: 70-75
14-18 y	Male: 38 Female: 29	Male: 100-110 Female: 75-80

Source: NASPGHAN, USDA

Movement

- Consistent physical activity and core strengthening can really help with constipation.
- **TPM Tip:** some kids benefit from working with a physical therapist.

Habits

- 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.