



CONSTIPATION

Constipation = HARD, FORMED, CLAY-LIKE poops, associated with painful or difficult passage. If poops are infrequent but soft, this is NOT constipation; it is obstipation. A baby may poop as many as 5 to 8 times a day or as little as every 3 days. It is normal for a baby to turn red and grunt while they are pooping. Ages 8-12 years old commonly get constipated.

TREATMENT IN INFANTS/TODDLERS

(0 to 18 months of age)

- *Offer 1 to 2 ounces of water or preferably Pedialyte (electrolyte solution) in between normal feeds once or twice daily. Do not significantly decrease the amount of usual feedings.
- * $\frac{1}{2}$ tsp of Karo syrup to every bottle. For breastfed babies: mix $\frac{1}{2}$ to 1 tsp in 1 to 2 ounces of water 2 to 3 times/day.
- *White grape juice or prune juice daily in between feeds.
- *In babies older than 4 mos.: oatmeal cereal tends to soften the stools. Rice cereal makes stools firmer.

TREATMENT IN TODDLERS/PRE-SCHOOLERS

(18 mos. to 3 $\frac{1}{2}$ years old)

- *May be a toilet training issue: (may want to discuss with MD/NP)
- *Do not force child to sit on potty!
- *Offer diaper to poop.
- *Ask child where they would prefer to poop (clear choices)
- *It is not uncommon for children to hold their poops for days to resist potty training.
- *Encourage child to drink lots of fluids other than milk.
- *Maple syrup or Karo syrup (1teaspoon to 1 tablespoon 2 to 3 times/day). Ask MD/NP re: other stool softeners.
- *Mineral oil 1 tsp, 2 times/day (may titrate up or down after speaking with MD/NP) for maximum 5 days.
- *** See list of foods to increase/avoid.

PRE-SCHOOLERS/SCHOOL-AGED KIDS

(ages 3 $\frac{1}{2}$ and up)

- *Encourage child to drink plenty of fluids other than milk
- *Mineral oil 1 tbsp/day (may titrate up or down after speaking with MD/NP) for a maximum of 5-10 days.
- *May need to speak with MD/NP re: additional stool softeners (fiber, Miralax)
- *No laxatives
- ***See list of foods to increase and list of foods to avoid.

*****Foods to Increase**

- *Fruits and Veggies: 5 to 6 servings per day recommended; raw and unpeeled best.
- *Prunes, figs, dates.
- *Peaches, pears, apricots, raisins, grapes.
- *Leafy green veggies, cauliflower, cabbage.
- *Broccoli, potato skins, beans, peas.
- *Grains: bran is a high fiber food and acts as a natural stool softener.
- *Whole grain breads, muffins, waffles, wheat and oat bran, whole grain cereals (shredded wheat, bran flakes, oatmeal), whole wheat pasta, brown rice, granola,
- *Popcorn (only for children > 4 years due to choking risk).

*****Foods to Avoid or Decrease**

It is important to decrease the intake of constipating foods: Maximum milk intake=16 oz/day.

- *Dairy products (milk & cheese!!), Yogurt would be best dairy.
- *Cooked carrots, potatoes, white rice, bananas, apples, peanut butter, chocolate, white pasta, white bread/crackers.