

4150 Woodlands Pkwy, Suite B
Palm Harbor, FL 34685
(727) 772-1452



2137 Little Rd
Trinity, FL 34655
(727) 372-6760

CONSTIPATION

What is constipation?

When your child is constipated, your child may:

- Have a hard time having a bowel movement (BM).
- Have a painful BM.
- Go 3 or more days without a BM.

This could happen because your child:

- Does not eat enough fiber.
- Drinks or eats too many milk products.
- Remembers painful BMs. That can make some children hold back.

How can I take care of my child?

For babies less than 1 year old:

- If your baby is over 2 months old, give diluted fruit juices (such as apple or pear juice) twice a day.
- If your baby is over 4 months old, you can add strained, high-fiber foods twice a day. Cereals, apricots, prunes, peaches, pears, beans, or peas are good fiber foods.

For children over 1 year old:

- Feed your child fruits or vegetables at least three times a day.
- Give more foods rich in bran and fiber. Try bran flakes, bran muffins, shredded wheat, graham crackers, oatmeal, brown rice, or whole wheat bread.
- Do not feed your child excessive milk products, like milk, ice cream, cheese, and yogurt.

For children who are toilet trained:

- Have your child sit on the toilet for 10 minutes after meals. This will help your child have a BM every day.

Call the office right away if:

- Your child starts to have very bad rectal or stomach pain.

Call the office during office hours if:

- Your child has not had a BM after you have fed your child fiber foods and reduced milk products for 3 days.
- You are using suppositories or enemas for your child.
- You have other concerns or questions.