

Easing Toddler Constipation

Symptoms

- Greater than **4-5 days** without normal bowel movements
- **Hard** stools that are difficult or painful to pass
- Abdominal **pain**, such as stomachaches, or cramping
- Rectal **bleeding** from tears, called fissures
- Poor appetite
- Irritable behavior

Fluid

Water intake is often the reason behind constipation. Your child's fluid needs will vary depending on their age, weight, activity level, and health. Ask your doctor or dietitian how much water is appropriate for your child.

Milk intake can be associated with constipation. 16-24 oz per day.

Fiber

Things moving in your child's digestive tract!

Things high in fiber include:
Fruits and vegetables

Do you have a picky eater?

Try mixing fruits and vegetables together in a smoothie!



Choose whole-grain breads and cereals

Alternative

1-2 oz per day of prune or pear **juice**

Specific **probiotic** as recommended by your doctor or

activity! Run, jump, and play to get things moving