



Constipation in Children

What is constipation?

Constipation is defined as a delay or difficulty in defecation (having bowel movements) and occurs when cereals and solid foods are started, when toilet training begins or when school starts.

How is it treated?

- Add small amounts of water to the child's diet.
- Reduce constipating foods like rice, bananas or cereal.
- Give juices-prune, pear and apple.
- Give more fruits, vegetables and whole grains.
- Allow unhurried toilet time.

Do not give laxatives, stool softeners or other softening medication to your child without your health care provider's permission and direction.

For more information call the Guilford County Department of Health and Human Services, Division of Public Health at (336) 641-7777 or www.myguilford.com