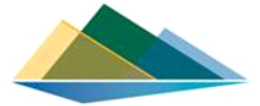


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# CONSTIPATION FACTSHEET

This factsheet will provide you with very helpful links to lots of websites with hints and tips to help you understand how to prevent and manage constipation in your child.

## TOP TIPS ABOUT CONSTIPATION:

Constipation is when a person does not pass enough stool (poo), and it becomes hard and dry so it is painful to pass. Children can still pass stools everyday but only small amounts. Ten percent of children are thought to suffer from constipation at any one time. Children who are constipated can feel unwell and unhappy, so it is important that they get the help they need. Some children may have soiling accidents which is a sign that they need to be seen by the GP and medication prescribed. Also they must be seen if the constipation is persistent and is causing distress, or they are passing blood in the stool.

**Tip 1:** Eating enough fibre helps stools soften and makes them easier to push out, try to include high-fibre foods such as wholegrain pasta and rice, wholemeal/granary breads and remember the 5 a day rule.

**Tip 2:** Drinking 6-8 glasses of water helps keep the stool soft (remember milk is not classed as a fluid), ask the teacher if your child can bring a bottle of water to school.

**Tip 3:** Encourage your child to sit on the toilet each day after a meal and try to pass a stool encouraging a regular toilet habit. If your child says it hurts trying to pass a stool, let them stop and try later. Use child friendly wipes to encourage them to learn to wipe their bottom.

**Tip 4:** Make sure your child is comfortable and sitting on the toilet is fun. Their feet should rest on a stool or a floor and they can blow bubbles whilst pushing down in their bottoms, this can help to pass a stool.

**Tip 5:** Encourage physical activity; children over five should do a minimum of 60 minutes of physical activity each day.

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## VISIT THESE USEFUL WEBSITES

[www.eric.org.uk](http://www.eric.org.uk)

Education and resources for children's bowel and bladder problems

<http://www.bladderandboweluk.co.uk/children-young-people/>

Bladder and Bowel UK (formerly PromoCon) offers advice and information on all bladder and bowel issues in children and young people, including those with additional needs

[www.nhs.uk/Conditions/Constipation/pages/Prevention.aspx](http://www.nhs.uk/Conditions/Constipation/pages/Prevention.aspx)