

Constipation

KEĀNUENUE PEDIATRICS



WHAT IS CONSTIPATION?

- Having poops that are hard, difficult, and painful to pass
- Most children poop every day. Some poop every 2-3 days.
- If it doesn't bother them, it may be normal.



WHAT CAUSES CONSTIPATION?

- Not enough fiber
- Not enough water
- Decreased movement

HELPFUL FOODS

Foods with increased fiber

- Fruits that start with the letter P! Prunes, pears and peaches.
- Beans or whole grains!
- For ages 2-19, recommended fiber in grams per day is AGE + 2.



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WHAT ABOUT INFANTS?

- Most babies poop multiple times per day
- Some breastfed babies may go up to a week without pooping



WHEN SHOULD I WORRY?

WHAT CAN I DO?

- Tummy rubs in a clockwise direction
- Baby bicycle kicks!
- A little bit of prune juice. Recommended rule is 1 oz for each month of age. No more than 4 ounces.
- Once they start solids, you can give them the fruit purees! Same fruits as above!
- If increased spitting up with decreased poops
- Hard poops
- Bloody poops
- Straining without success