

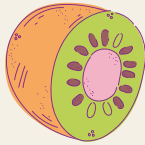
Pediatric Constipation & Withholding Plan

Goal: Support regular bowel movements, reduce colon enlargement, and make toileting a more positive experience.

1. Hydration

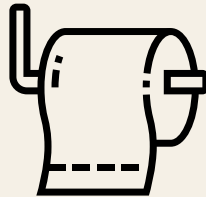
- Push water throughout the day!! Dehydration is usually the 1st cause
- Add electrolytes (such as children's electrolyte drinks or powders) if needed.
- Offer coconut water as a natural hydration option.

2. Nutrition

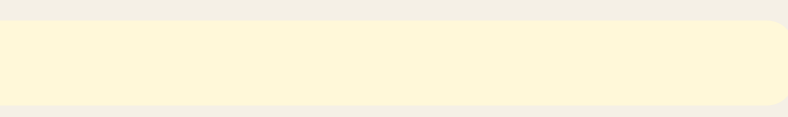


- Eliminate or reduce dairy and gluten, which can contribute to constipation in some children.
- Add high-water fruits like melon, kiwi, pears, apricots and grapes
- Encourage a diet rich in fiber (fruits, vegetables, whole grains).

3. Toilet Routine & Motivation



- Have your child sit on the toilet for 5–10 minutes, about 30 minutes after meals to take advantage of the body's natural digestive reflex.
- Use praise and positive reinforcement (sticker charts, small rewards, verbal encouragement).
- Focus on making the experience calm and stress-free.



4. Stool Softening & Medications*

- Magnesium citrate (gummies/powder): Can help soften stools.
- Senna (“pusher”): May be used to stimulate bowel movements.
- Always follow the guidance of your pediatrician or GI specialist for exact dosages and frequency.



5. Sensory & Body Awareness Games

- These playful activities help your child connect with their body and learn pushing techniques:
- Cold balloon exercise: Place a balloon in the refrigerator, then have your child sit on it at the perineum. This increases awareness of the pelvic floor muscles.
- Bubble-blowing games: Practice blowing bubbles with controlled breath. This helps simulate the abdominal pressure needed for pushing.



Long-Term Goal

With consistent hydration, diet adjustments, routine, and stool softening support, the colon can gradually return to a more normal size. Regular bowel movements reduce discomfort and help retrain the body’s natural signals.



Encouragement: This process takes time, but every small success is worth celebrating. Consistency, patience, and positivity are key!