

## Tap water

- > Plain tap water is a good drink for babies over 6 months of age
- > Give your child water often through the day, this can help prevent constipation



**Encouraging children to go to the toilet for a poo at the same time each day can help set up a good routine.**

**Encourage children to have lots of active play.**

For more information

Visit your Child and Family Health Nurse call 1300 733 606

Call the Parent Helpline on 1300 364 100 or visit our website [www.cyh.com](http://www.cyh.com)

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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# Constipation in children



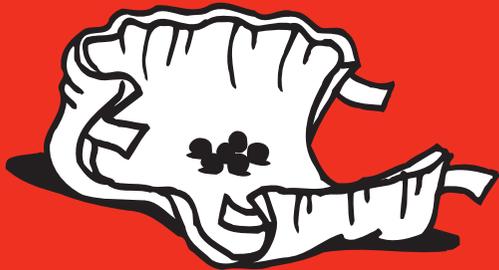
Tips for families

Children's poo habits vary.

Not all children poo every day.  
This is normal.

## What is constipation?

- > A child is constipated when they have hard poos that cause pain and bloating
- > Constipation is a common problem
- > Constipation that goes on for a long time can cause softer poo to leak around a solid lump of poo and dirty underpants. This is called soiling



## Signs that your child may be constipated

- > Saying that it hurts to do a poo
- > Holding onto poos and refusing to sit on the toilet because it hurts
- > Telling you they have a tummy ache

## What causes constipation?

Many things can cause constipation.  
These include:

- > Not eating enough fibre



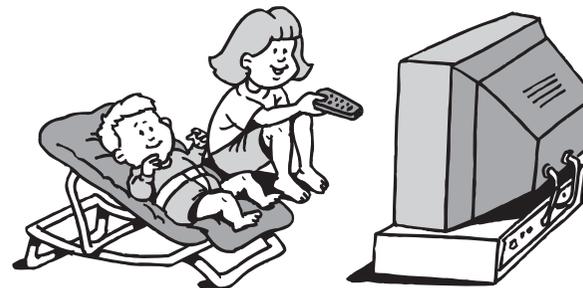
- > Not drinking enough water



- > Putting off going to the toilet



- > Not enough active play



## Preventing constipation

A variety of high fibre foods will help prevent constipation.

Foods that are high in fibre include:



- > Wholegrain and wholemeal bread



- > Wholegrain breakfast cereals



- > Fruit



- > Vegetables



- > Legumes like baked beans, lentils, and kidney beans