

## CONSTIPATION

1. Take a close look at total fiber content child is eating daily - remember to reduce to serving size to what the child is actually eating - not the size on the container. **START READING LABELS CAREFULLY**
2. Aim to get as close to "your child's age in year plus 5" grams per day as possible - depending on the baseline - at least try to increase by 25-50% total fiber intake per day
3. Get on internet and look at fiber content in foods - you will be surprised - not all veggies are the same.
4. Try to feed fresh produce with skins on - cut into very small pieces, introduce her to dried fruit - more fiber per serving than fresh fruit.
5. Reduce all white foods - instead use all truly whole grain products - try faro, barley, brown rice, and quinoa
6. If giving cheese give along with high fiber foods such as cut up dried fruit.
7. Fiber One products are great as cookies instead of regular treats.
8. Beans are good source - can even puree them to get them into soups, stews, tomatoes sauces etc.
9. ALL snacks should be with some fiber - avoid fiber free foods.
10. This change in diet will make the child gassy for a few weeks - this will resolve
11. The child may need Miralax for a few days until fiber totally kicks in - this will take 2 weeks. As the bowels are improving decrease Miralax to every other day etc
  - **Miralax Doses:**
  - Mix 1 cap of Miralax in 8 oz of water, juice, or Gatorade etc.
  - This solution can be kept in the refrigerator for 1 week.
  - Give the following daily dose depending on your child's wt
  - 22 lbs. = 2 oz, 44 lbs. = 4 oz, 66 lbs. = 5 oz
  - After 80 lbs give adult does as on bottle
  - These are the starting doses, increase every 4 days a small amount till your child has soft stools. Decrease likewise if too soft
12. If at toilet training age, do not attempt toilet training unless totally comfortable with BM. Toilet training is not possible if it is associated with pain
15. You may have to use suppository if screaming in pain - pediatric glycerin suppository, lubricated with Vaseline and inserted into rectum.