



Info Rx

Constipation

If a child is constipated it means that the child is not having a bowel movement (pooping) often or has a hard time pooping because the poop is hard and dry. Normal poop is sort of soft and easy to pass, so it shouldn't be too hard to have a bowel movement.

To manage childhood constipation well, families need to understand it. This means knowing what causes it, how to treat it, and how to prevent it from happening again. The child will likely need to learn new toilet habits. Learning new habits is never easy and it is important to know that it will take a long time. The child might also need to take laxatives and have initial clean out of feces (disimpaction). The resources below will help families learn about constipation and how to help their child.

Borrow these books from the FCRC or check your local library!

The Ins and Outs of Poop: A Guide to Treating Childhood Constipation

Thomas R. DuHamel (2018)

This light-hearted how-to book teaches parents how to manage their child's constipation. A variety of topics are addressed, including functional constipation, how toilet training, managing encopresis in the classroom, and how temperament-related behavior problems can cause functional constipation.

The Potty Journey: Guide to Toilet Training Children with Special Needs, Including Autism and Related Disorders

Judith A. Coucouvanis (2008)

The Potty Journey teaches caregivers how to tell if the child is "ready" and provides effective strategies for toilet training. Throughout the book, parents, educators and child care providers who have put into practice the strategies in this book share their successes with toilet training children across a wide range of ages and disabilities.

Softy the Poop: Helping Families Talk About Poop

Thomas R. DuHamel (2014)

Written and illustrated for toddlers, preschoolers and kindergarteners, this picture book teaches children the difference between normal poop and constipated



poop. This book also encourages children to make healthy lifestyle choices so they can have healthy poops.

It Hurts When I Poop!: A Story For Children Who Are Scared To Use the Potty

Howard J. Bennett (2007)

Ryan is scared to poop in the potty because he is afraid it is going to hurt. His parents take him to visit Dr. Gold, who shows him what happens inside the body, and explains how different foods make using the potty easy or hard.


I Can't, I Won't, No Way!: A Book For Children Who Refuse to Poop

Tracey J. Vessillo (2011)

This children's book helps parents and children navigate the frustration of bowel withholding.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 frcr.ahs.ca/rx/constipation/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8

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