



## 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.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2af1dc3c4b5e001250647f>



### FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/constipation/>



### Alberta Health Services — Constipation in Children

This AHS fact sheet educates parents about normal and abnormal poop. It also includes information about diet interventions and when and how to get help.

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-constipation-in-babies-and-children.pdf>



### Alberta Health Services — Fiber Facts

This AHS fact sheet explains the role of fiber and provides tips to ensure your child is getting enough fiber in his/her diet.

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-fibre-facts.pdf>



### Alberta Health Services — Getting things moving for kids with constipation

This AHS video explains constipation, signs and symptoms, and how you can manage your child's constipation.

[https://www.youtube.com/embed/2tQWWf\\_C0ec?rel=0](https://www.youtube.com/embed/2tQWWf_C0ec?rel=0)



## Alberta Children's Hospital Teaching Module—How to Make it Happen

The ACH Pediatric GI Clinic created this video to give parents strategies for bowel retraining.

<https://www.youtube.com/embed/acPvXR6f-eU?rel=0>



## Alberta Children's Hospital teaching Module—Fibre FAQ's

The ACH Pediatric GI Clinic created this video to answer questions about fibre and constipation.

<https://www.youtube.com/embed/mgoijClkYnc?rel=0>



## ERIC UK—The Children's Bowel and Bladder Charity

ERIC UK is a charity dedicated to the bowel and bladder health of all children and teenagers in the UK. Resources such as educational videos, information, and activities are available for kids, teens, and parents.

<https://eric.org.uk/>



## GI Kids

GI Kids provides information about constipation and fecal soiling, a care package with patient and family resources, toilet training tips, a bowel management record, a PEG 3350 FAQ sheet, and much more.

<https://gikids.org/>



## American Academy of Pediatrics RadioMD Podcast—Pooping Problems: Is your child troubled with constipation?

Discusses constipation and how to guide your child through it.

<https://radiomd.com/show/healthy-children/item/25626-is-your-child-troubled-with-constipation>



## UpToDate—Constipation in Infants and Children

UpToDate provides comprehensive information about constipation, including a general overview, treatment information, behaviour and dietary recommendations, and treatment for recurrent constipation.

<https://www.uptodate.com/contents/constipation-in-infants-and-children-beyond-the-basics>



*Need more information?*

**Contact the Family Librarian**

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

**Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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