

There are three (3) types of education folders – Boy, Girl, and Teen. Basically, all contain the same information. The only difference is in the look of the charts (boy themed, girl themed, CCHMC themed for children and a more adult chart for teens). The Boy and Girl folders also contain appropriate themed positive reinforcement tools. The Teen folder does not.

The Gastro Clinic recommends putting the materials in folders in the following order:

Left Side

Managing Constipation: Tools for Success
Chart (most appropriate for the age and gender of the patient)

For children, include:

Points page
Certificate of Success most appropriate for age/gender of child
Stickers to be used on the chart.

Right Side

Constipation information sheet
Encopresis information sheet
Tips for Health Your Child with Constipation
Medications for Treatment of Constipation
How To Do A Bowel Clean Out

The document *Managing Constipation: Tools for Success* explains how to use the chart and gives suggestions for positive reinforcement.

The Points page can be used in place of the chart, or when the chart no longer works as encouragement for the child. Each time the child accomplishes a goal (sitting on the toilet, taking medication, pooping on the potty, not soiling, letting parents know when he/she needs to go to the bathroom), the child receives a point ticket. Once the child accumulates a specific number of tickets set by the parent(s), the child receives a reward (such as a healthy snack, staying up 15 minutes past bedtime, art projects, etc.). The Clinic stresses the importance of positive reinforcement for each step accomplished.

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