



## Tips for Helping your Child with Constipation and/or Encopresis

Constipation is a common problem for many children. Here are some helpful tips for helping your child with constipation.

### How You Can Help

- Give your child his/her medicine.
- Work with your child to find positive ways to reward success.
  - ✓ Stickers
  - ✓ Game board
- Keep track of your child's poop habits, toilet sitting.
- Reward positive behavior quickly and every time.
- Call your nurse:
  - ✓ with your child's progress
  - ✓ when you have questions
  - ✓ if your child has not pooped in 2 days or stools are hard and painful
  - ✓ if your child is soiling his/her underwear
- No matter how old your child is, it is key that you take part in helping your child by:
  - ✓ measuring out medicine doses
  - ✓ watching your child take his/her medicine
  - ✓ reminding your child to sit on the toilet
  - ✓ following through on the reward program
  - ✓ celebrating success



### What Your Child Can Do to Help

- Take medicine.
- Sit on the toilet- at least 2 times per day for 5 minutes. Toilet sitting works best:
  - ✓ when done after meals
  - ✓ when you use a stool under your child's feet if his/her feet don't touch the floor
  - ✓ when you are not in a hurry
- Tell you about his/her poop habits.
- Be in charge of cleaning up his/her poop.
  - ✓ clean his/her own underwear
  - ✓ tell parent if he/she soiled underwear

### What We Can Do to Help

- Be available for your phone calls.
  - ✓ help you adjust medicine doses
  - ✓ answer your questions
  - ✓ work with you and your child to find a positive reward program

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