

# SUGGESTIONS FOR:

## CONSTIPATION

Some medications can cause constipation. This problem also may occur if the diet lacks enough fluid or bulk or if the child has been bedridden.

 Here are some ideas to help:

- ❑ Drink plenty of fluids, except at mealtime.
- ❑ Choose high fiber foods, such as:
  - Fruit and vegetables (raw when possible ) with
    - Skins: apples, grapes, peas, beans, potatoes
    - Seeds: tomatoes, cucumber, zucchini
    - Leaves: lettuce, broccoli, greens
  - Whole grain breads and cereals, brown rice.
  - Dried fruits such as raisins and prunes.
- ❑ Gradually increase intake of bran and high fiber foods.
  - Add wheat bran to foods such as casseroles and homemade breads.
- ❑ Choose laxative foods like prunes and prune juice.
- ❑ If possible, exercise daily. Talk to the doctor about the amount and type of exercise that is right for your child.
- ❑ Eat meals at regular times.
- ❑ Establish regular times to go to the bathroom. The morning and the hour after meals are best.
- ❑ Pay attention to the body's signals. The body is often ready for a bowel movement after meals.
- ❑ Check with your doctor before using laxatives, oil, enemas or other products to relieve constipation.

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