

## **Start Here**

### Breaking the Withholding Cycle



If your toddler is withholding or struggling with painful stools, follow this order:

Step 1 – Read the Mini Toddler Guide to understand the cycle.

Step 2 – Review the Miralax Guide if medication is part of your plan.

Step 3 – Implement the daily routine strategies.

Step 4 – Review the potty training section if this was a trigger.

Step 5 – Use the Pediatric Guide for red flags and when to seek care.



**This plan is meant to provide structure and clarity.  
Improvement often requires consistency over  
weeks, not days.**