



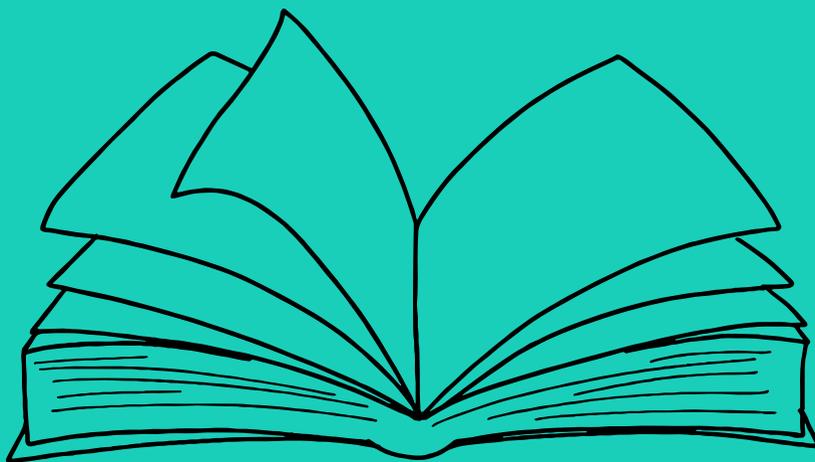
TODDLER
CONSTIPTAION
A Pediatric
GI ACTION
PLAN

Pediatric GI Approved



Why This Guide Exists

If you're here, you're probably worried, frustrated, or exhausted. Toddler constipation is incredibly common and incredibly stressful for families. The good news is that most constipation in toddlers is functional, meaning there is no serious disease causing it and it can be improved with the right approach. This guide explains what pediatric GI providers actually look for, what helps most, and what usually makes things worse.



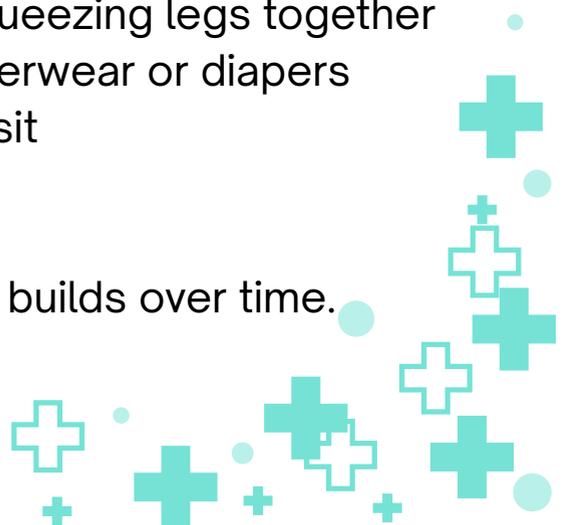


What Constipation Really Looks Like in Toddlers

Constipation is not just about how often your child poops. A toddler may be constipated even if they poop every day. Common signs include:

- Hard, dry, or very large stools
- Pain or crying with pooping
- Hiding, stiffening, tiptoeing, or squeezing legs together
- Stool accidents or smears in underwear or diapers
- Avoiding the potty or refusing to sit
- Abdominal pain or bloating

Constipation often starts quietly and builds over time.



Why Constipation Start at This Age

Most toddler constipation is triggered by a cycle:

1. A hard or painful stool happens
2. Your child tries to avoid pooping
3. Stool sits longer in the colon and becomes harder
4. The next poop hurts even more

Common triggers include:

- Potty training or pressure around the toilet
- Diet changes (more milk, less fiber)
- Illness or dehydration
- Starting daycare or school
- Developmental control and independence

Once the cycle starts, it rarely fixes itself without help.



The 7 Day Pediatric GI Reset Plan

This plan focuses on comfort, consistency, and confidence.

Step 1: Make Pooping Comfortable Again

Pain control is essential. If pooping hurts, toddlers will withhold.

- Aim for soft, easy to pass stools
- Avoid forcing or rushing toilet time
- Keep potty time calm and predictable

Step 2: Create a No Pressure Routine

- Sit on the potty or toilet after meals for 5 minutes
- Feet supported on a stool
- Books, songs, or calm distractions are okay
- Praise the sitting, not the poop

Step 3: Support the Gut

- Encourage fluids throughout the day
- Offer fruits that help stool softness (pears, peaches, plums)
- Limit excessive dairy if recommended by your provider

Step 4: Stay Consistent

- Improvement often takes weeks, not days
- Stopping too early is the most common reason constipation returns
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Common Mistakes That Make Constipation Worse

These are incredibly common and completely understandable.

- Forcing the potty
- Punishing accidents
- Stopping stool softeners too soon
- Focusing only on fiber
- Waiting too long to intervene

Constipation is a body problem, not a behavior problem.

Although some behavioral barriers can develop the longer constipation goes unmanaged or becomes worse.





When to Call Your Pediatrician or GI provider

Reach out if:

- Constipation lasts longer than a few weeks
- There is ongoing pain with stooling
- Stool accidents continue
- You are unsure how long to continue treatment

Seek urgent care if you see:

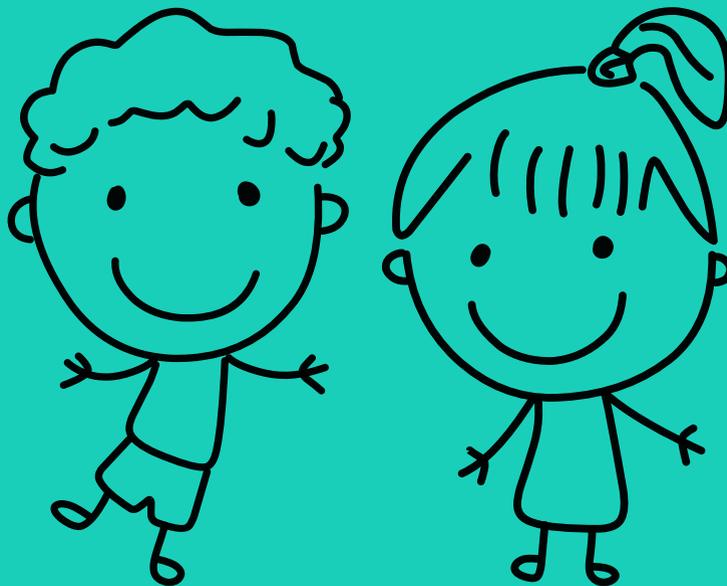
- Blood mixed inside the stool
- Persistent vomiting
- Poor growth or weight loss
- Severe abdominal distention



The Big Picture

Toddler constipation is common, treatable, and not your fault. With patience, consistency, and the right support, most children outgrow constipation and develop healthy, confident bowel habits.

You're doing the right thing by learning how to help.



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