



# Constipation/ trouble pooing

(con-sta-pay-shun)

Constipation is when bub has trouble pooing. This is because the poo is too hard or too big making it difficult.



## Good to know

A breast fed baby might poo after every feed or only after 7-10 days, a bottle fed baby will usually poo every 2 days.

## Having a good poo routine



Have bub go to the toilet 20 minutes after meals



Have bub play and exercise more



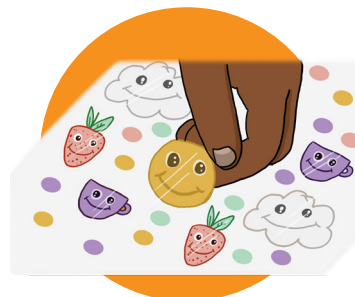
Yarn to your doctor about laxatives or enema to help bub poo



Drink lots of water, bub needs 6-8 glasses of water a day. Give less sugary drinks. Try drinking watered down prune juice to help.



Using a foot stool can help bub feel more comfortable when going to the toilet. Yelling at bub will not help them. No toys, phones or ipads when on the toilet, they need to focus on pooing.



Praise bub or give them a reward like stickers when they do a poo



Give bub healthy tucker. Aim for 2 fruit and 5 veggies each day. Give less junk/ fast food.

**See a GP, health clinic or emergency department if bub:**

- still has trouble pooing
- is under 12 months old
- has blood in their poo
- is not eating/drinking as they normally would
- has strong stomach pains, bloating or vomiting.

Or if you are worried or concerned about bub.



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**Child and Adolescent Health Service**

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