IS YOUR CHILD OUT OF SORTS?

Children can have three stools a day, or one every other day. What is normal for your child is OK, but a child who has a dry, hard stool that is painful to pass may be constipated.

Sometimes a change in schedule or a change in medication can cause constipation for a day or two.

Try these four simple things:

1. Increase fiber. Have your child eat more fruits and vegetables. Try a bran cereal.

2. Prunes and prune juice work. If you don’t like prune juice, don’t let your child know.

3. Drink more water. Limit milk to 3-4 glasses a day, and juice to 1 glass a day. Drink 2-3 glasses of water.

4. Exercise can help. Take your child for a walk.

Try all 4 ideas first. If they don’t work, talk to your doctor. Do not give your child a laxative or mineral oil.

Try these foods that are high in fiber:

- Dried beans, peas, lentils
- Whole grain breads, bran muffins
- Bran cereal, Total, Mini Wheats, Wheat Chex
- Oatmeal, Wheaties
- Apples, pears (both with the skin)
- Bananas, oranges, kiwi fruit
- Pineapple, all berries
- Raisins, dried fruits, prunes
- Carrots, corn, broccoli, turnips
- Peas, tomatoes, mixed vegetables
- Potatoes with the skin, baked potatoes
- Sweet potatoes, winter squash