
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.

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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
