

Tips for Childhood **CONSTIPATION**

Help your child have regular bowel movements by offering plenty of fluids, fiber and physical activity each day.

Give enough **FLUIDS** every day



Water
(1-4 cups)

Milk
(up to 2 cups)

Juice
(up to 1/2 cup)

Most Often

Less Often

Still breastfeeding? Keep nursing as much as you like.

Slowly add more **FIBER**



Fruits · Vegetables · Whole grains

Be **ACTIVE** together



Kids need **60** minutes of exercise every day

It can take time for your child to get relief. Try these suggestions. If your child still has constipation, contact your health care provider. Do not use medications unless instructed by your health care provider.



SCAN ME

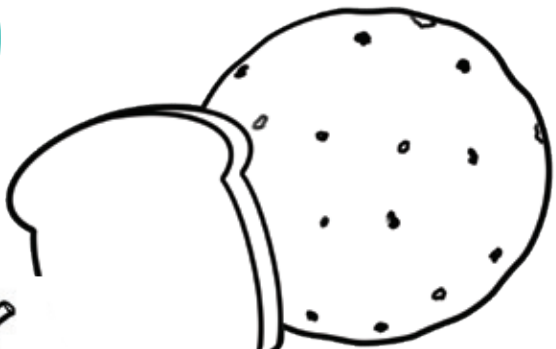
Scan the QR code for kid-approved, high fiber recipes.



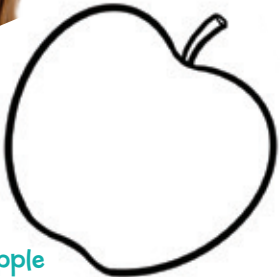
KIDS CORNER

Food is fun!

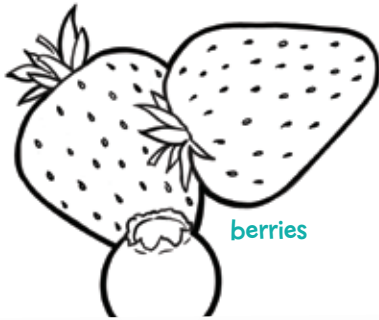
Color your favorite foods.



whole wheat bread and tortilla



apple



berries



broccoli



carrot

How do you like to play?

Circle your favorite activities.
What do you like to play with?



What does your cup look like?

Connect the dots to make a cup.
Color it to look like your favorite cup.

