Constipation

Brief Informational Guide



Many children have constipation. Children on the autism spectrum might have more problems with constipation than other children. Difficulty with things like sitting on the toilet and eating different foods can make treating constipation challenging. 85% of autistic children have concerns for constipation.

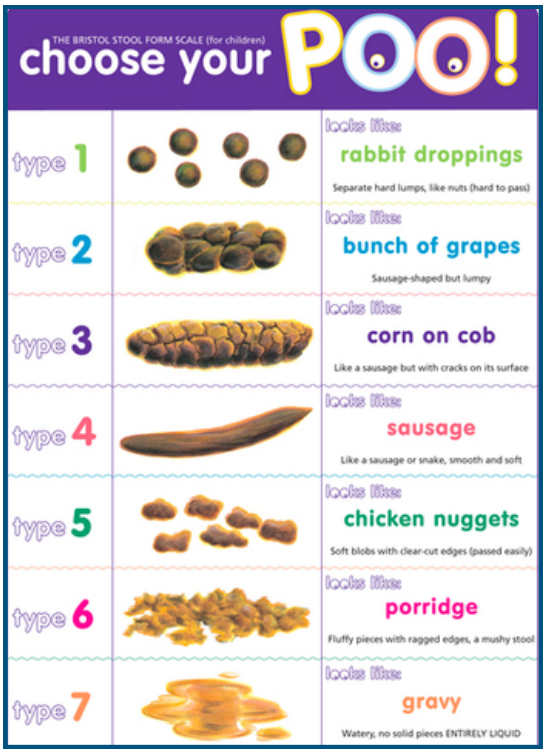
Scan Me

Scan For More Resources!

What is it?

When a child has:

- Hard stools
- Pain or trouble passing stool
- Less than three stools per week



Treatment Options

Dietary changes:

- Increase Fiber
- Drinking More Water

Behavior Changes:

- Regular Exercise
- Bowel Habit Training

Medicine

Some Common Causes

- Withholding Behavior
- Pain with Stooling
- Medications
- Routine Changes
- Diet

Praise Efforts

Celebrate your child's progress. Praise their attempts, even if they make mistakes. Expected treatment duration is 4-6 months, and positive reinforcement can boost their confidence and motivation.

ECHO AUTISM COMMUNITIES
echoautism.org

Resources

- [ ] **Guide to Managing Constipation Tool Kit**
  - https://echoautism.org/autism-resource/managing-constipation-in-children/
- [ ] **Constipation Care Package**
  - gikids.org/constipation/complete-constipation-care-package/
- [ ] **Constipation Action Plan**
- [ ] **It Hurts When I Poop Book**
  - By: Howard J Bennett
- [ ] **The Poo In You Video**
  - www.youtube.com/watch?v=SgBj7Mc_4sc
- [ ] **Diet Recommendations (Fiber + Fluid)**
- [ ] **MiraLAX**
- [ ] **Other:**

NOTES:

If you have questions about constipation, please talk to your child's healthcare clinician