

CONSTIPATION IN CHILDREN

संडास कडक होना / बद्धकोष्ठ / कब्ज / रोज़ संडास या पॉटी ना ज़ाना



12 Signs Your Child is Constipated

Holy Cow!

- 1 XXL poops.** We're talking "Holy cow!" poops – larger than 3/4" x 6."
- 2 Firm poops.** Logs or pellets = bad; thin snakes or mushy blobs = good.
- 3 Poop accidents.** When the rectum is overstuffed, poop just falls out.
- 4 Bedwetting and pee accidents.** A big 'ol poop mass squishes the bladder.
- 5 Recurrent UTIs.** Bacteria from overflowing poop crawl up to the bladder.
- 6 Extremely frequent and/or urgent peeing.** You go, "AGAIN? But you JUST peed!"
- 7 Infrequent pooping.** But daily pooping doesn't rule out constipation.
- 8 Pooping more than 2x/day.** A stretched-out rectum lacks the tone to evacuate fully.
- 9 Belly pain.** Constipation is the #1 source of tummy ache in kids.
- 10 Skid marks or itchy anus.** Clogged kids can't fully empty → bottom is hard to wipe → poop stains.
- 11 Super-loose poop.** Some poop can ooze by the large, hard rectal clog.
- 12 Continued trouble toilet training or hiding to poop in diapers.**

AGAIN? But you JUST peed!

Skid Marks

Thin Snakes Holy Blobs
Logs and Pellets

bladder *rectum*

SolvingToiletAccidents.com
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