

Constipation: How to support my child

↑ Ensure a balanced diet:

Dietary fiber binds water and softens stool.
Increase the amount of fiber-rich foods and unsweetened beverages.



Bread: Wholemeal bread, wholemeal rye bread, wholemeal wheat bread, rye crispbread or wholemeal rye bread roll.



Cereals (without sugar): Oat, wheat, millet flakes with fresh fruit, nuts, raisins, sunflower seeds, sesame, flaxseed or buckwheat.



Fruit (with peel; also as porridge or salad): Plums, pears, apple, peaches, nectarines, melon, apricots, figs, oranges, applesauce, seasonal berries e.g. strawberries, raspberries, etc.

Tip: Don't eat bananas daily as they can cause constipation.



Vegetables (high in raw vegetables): Pumpkin, parsnips, cauliflower, carrots, potatoes, peas, fennel, zucchini, broccoli, radishes, radish, lamb's lettuce.



Low-calorie drinks: Water, unsweetened tea, vegetable juices or diluted fruit juices (apple spritzer).

Tip: Drink a glass of pear or orange juice before breakfast, for example.

Increase the daily drinking amount according to age:

Guideline values for the intake of water*

Age of Babys	ml per day
0 to under 4 months	620
4 to under 12 months	400

Age of Childen	ml per day
1 to under 4 years	820
4 to under 7 years	940
7 to under 10 years	970
10 to under 13 years	1170
13 to under 15 years	1330

Modified according to <https://www.dge.de/wissenschaft/referenzwerte/wasser/>

* Water supply exclusively through beverages

↓ If possible, do without:

White flour products such as toast, rolls, etc.

Sweets, snacks

Avoid **milk and dairy products** altogether if your child is allergic to cow's milk protein

Cola, iced tea, lemonades



↑ *More movement:*

Exercise stimulates the bowels and naturally stimulates the intestinal passage.

- Send your child out into the fresh air for a romp and encourage your child's daily physical activity with sports and games.



↑ *Supportive toilet training:*

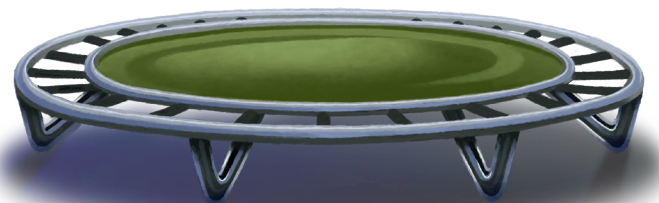
For children older than 2 years, behavioral and toilet training can help avoid negative associations with going to the toilet. Above all, do not exert coercion (this tends to exacerbate the problem), but praise and support your child.

- Make sure that your child sits on the potty or toilet for at least 5 minutes after main meals or when there are signs of an urge to defecate. Support toileting with e.g. short-time alarm clock, music or picture book. Make sure your child is sitting comfortably with a stool or child seat.
- Reward and praise your child for success, e.g. with a stool calendar. This „stool log“ can be used to confirm the success of the treatment or training, and it also helps the pediatrician!
- If possible, do not have adult conversations about the constipation problem in the presence of your child. Your child's stool behavior does not have to be the central family topic.

↑ *Drug treatment:*

Your doctor has prescribed **Laxbene® junior** for your child, a macrogol laxative.

- Macrogol binds water, softens hardened stool and increases its volume. The softened stool can thus be evacuated more easily and painlessly.
- Macrogols have no habituation effect and are well tolerated, as they are not absorbed and metabolized by the body.



Laxbene® junior 4 g Neutral powder for the preparation of a solution for oral use. For use in children between 6 months and 8 years. **Active ingredient:** Macrogol 4000. **Indications:** Medicinal product belonging to the group of osmotic laxatives. They increase the amount of water in the stool and thus facilitate defecation. Indicated for symptomatic treatment of constipation in children between 6 months and 8 years of age. To be used in conjunction with appropriate lifestyle and dietary changes. For constipation, children should not be treated for longer than 3 months. **Pharmacy-only. Dated:** June 2020. **Pharmaceutical contractor:** Casen Recordati, S.L., 50180 Utebo, Zaragoza (Spain). **Co-distributor:** Recordati Pharma GmbH, 89075 Ulm (Germany). **For risks and side effects, read the package leaflet and ask your doctor or pharmacist.**