

STEPS FOR HEALTHY DIGESTION

Creating healthy habits can encourage regular bowel movements for your child! Eating a diet high in fiber, engaging in physical activity, staying hydrated, and regularly using the bathroom can help your child develop and maintain regular bowel movements.



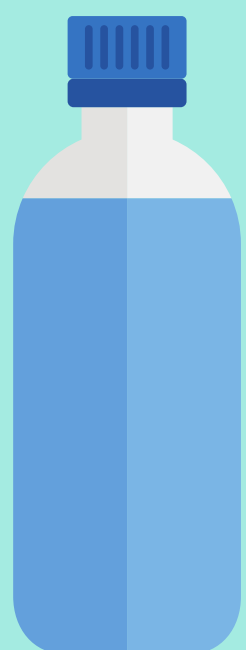
EAT FIBER

Fiber is a type of carbohydrate that the body doesn't digest (break down). Dietary fiber is found in plant foods like fruits, vegetables, whole grains, and beans. Fiber helps prevent or relieve constipation!



PHYSICAL ACTIVITY

Getting up and moving can help constipation. Getting active can help the body and digestive system work at their best. You might choose to go running, jogging, swimming, or dancing.



DRINK WATER

Drinking enough water helps keep stool from hardening. Having a water bottle is a helpful way to remind yourself to drink water throughout the day..



USE THE BATHROOM

Sit on the toilet for 5 minutes at regular times every day. This is best done after meals because the bowel becomes more active after eating. Praise your child for sitting on the toilet.