

# STEPS TO BEING A SUPER POOPER

## 1 REGULAR TOILET SITS

Having daily scheduled sits increases the chances your child will have a bowel movement when on the toilet. This may initially be an "accidental success" meaning your child did not intend to have a bowel movement. However, this gives you the opportunity to provide positive attention and reinforcement of this toileting behavior, increasing their chances of having future toilet successes. This also helps your child develop good toileting habits and reduce the chances of withholding behaviors.

## 2 DIET & NUTRITION

What your child eats often impacts the consistency of their stool. Increasing your child's consumption of vegetables, fruits, and water can help them have soft stools, making it easier for them to have a bowel movement.

## 3 RELAXATION

Learning effective mechanics for bowel movements is important for your child. Practice belly breathing, blowing bubbles, and other strategies that help your child engage their abdomen and relax their sphincter.

## 4 MEDICINE

For many children, MiraLax and other laxatives are a key ingredient in maintaining regular bowel movements. If you plan to taper your child's MiraLax dose, pay close attention to the consistency and frequency of bowel movements. If you notice signs of withholding or constipation, you may need to increase the MiraLax dose.