

CAREGIVER TIPS

REGULAR BOWEL MOVEMENTS

Your child should have daily bowel movements that are soft and not painful. Stools should be soft (a 5, 6, or 7 on the Bristol Stool Chart). During this stage, the focus is on helping your child simply have regular bowel movements.

MIRALAX DOSE/MEDICINE

MiraLax is often a key component of toilet training for children with encopresis and constipation. Focus on having your child take their full MiraLax dose each and every day. This makes it harder for them to withhold stool and reduces constipation. Use the "MiraLax Tracker" to help identify strategies to increase your child's acceptance of MiraLax.

KEEP THE DIAPER ON

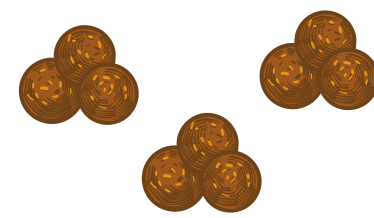
Removing access to a diaper/pull-up for children that withhold can actually make withholding worse. If your child prefers to use their diaper for bowel movements, make sure they have a diaper during this stage. This will decrease withholding and constipation, an important foundation in toilet training.

IGNORE ACCIDENTS

Attention, whether positive or negative, can unintentionally reinforce certain behaviors. Therefore, focusing on any stool accidents can actually increase the frequency of these. Additionally, punishing your child for having a stool accident can also increase their tendency to withhold, making constipation worse.

BRISTOL STOOL CHART

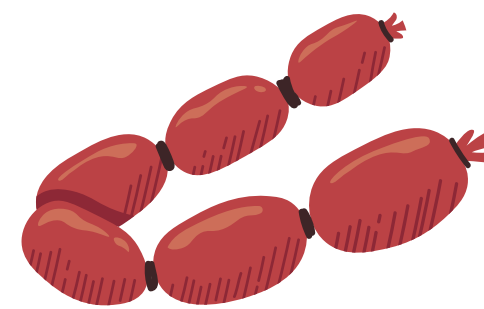
1



BUNNY POOPS

separate hard lumps, like nuggets (hard to pass)

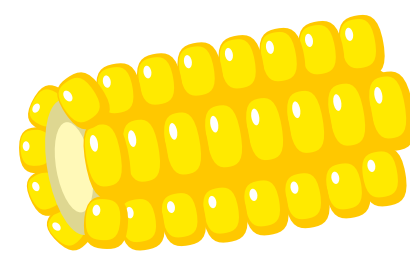
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SAUSAGE LINKS

Like a bumpy sausage

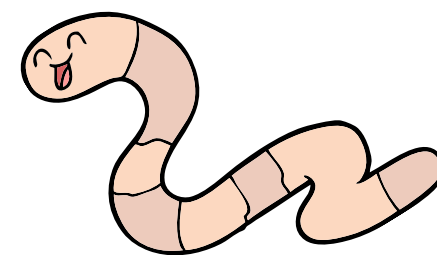
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CORN ON THE COB

solid with cracks on the surface

4



WORM

like a worm, smooth and soft

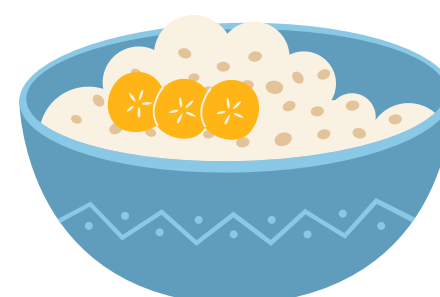
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CHICKEN NUGGETS

soft blobs

6



OAT MEAL

soft blobs with clear-cut edges

7



SAUSAGE LINKS

Water with no solid pieces