

WHAT IS CONSTIPATION?

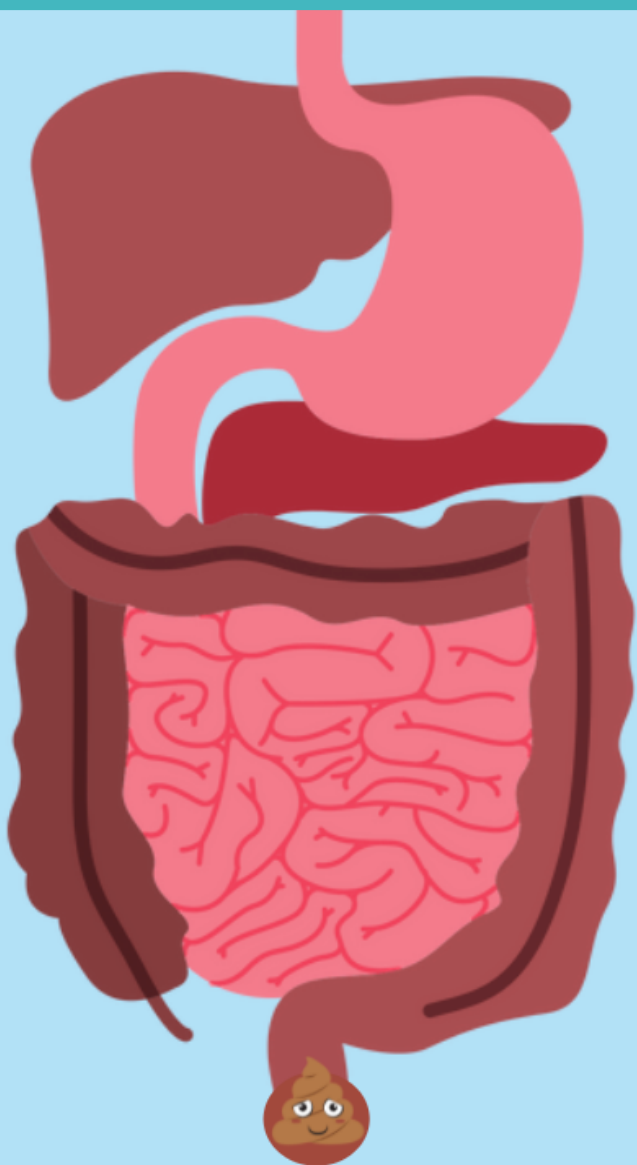
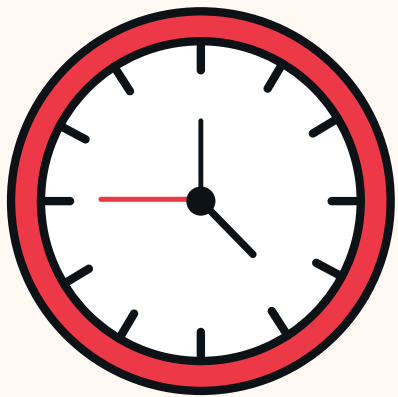
CONSTIPATION 101

CONSTIPATION IS WHEN OUR POOP STAYS IN OUR BODY FOR TOO LONG AND IT GETS. THE LONGER WE KEEP POOP INSIDE OUR BODY, THE BIGGER AND HARDER IT GETS. WHEN POOP IS BIG AND HARD IT CAN BE PAINFUL OR UNCOMFORTABLE TO POOP.

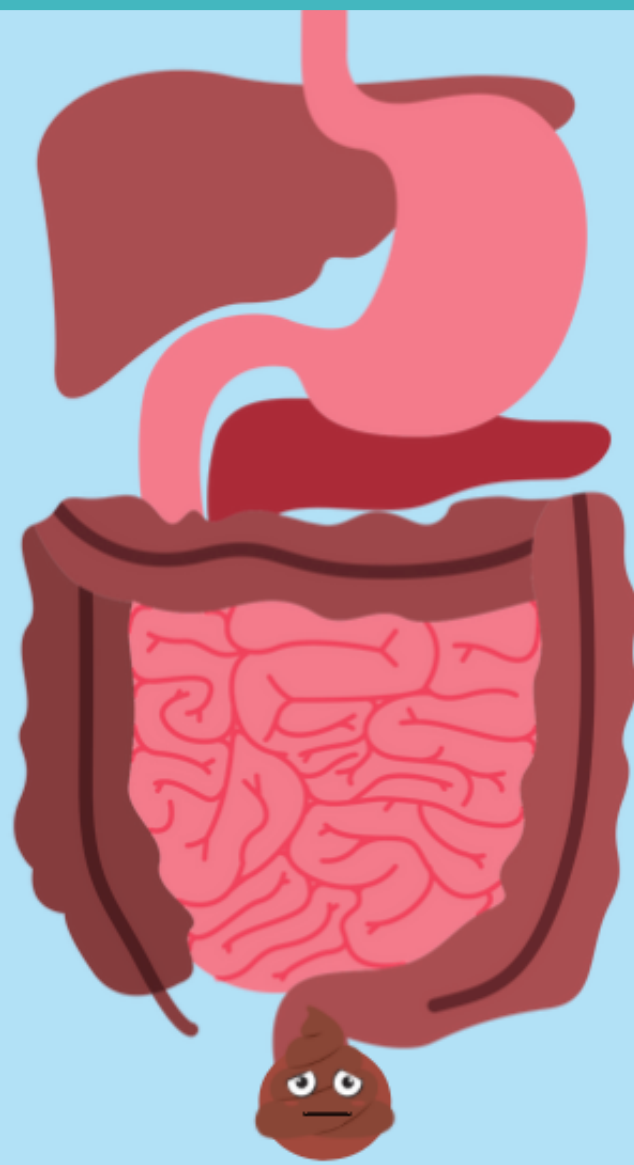
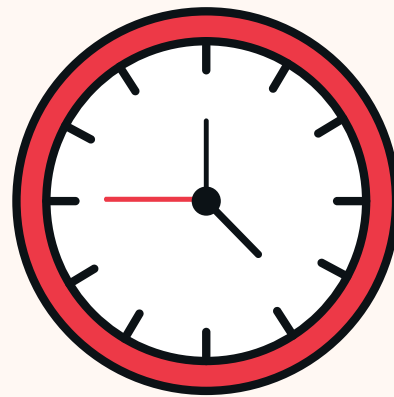
SUPER POOPER

THESE STEPS HELP POOP STAY SOFT AND MAKES POOPING ENJOYABLE:

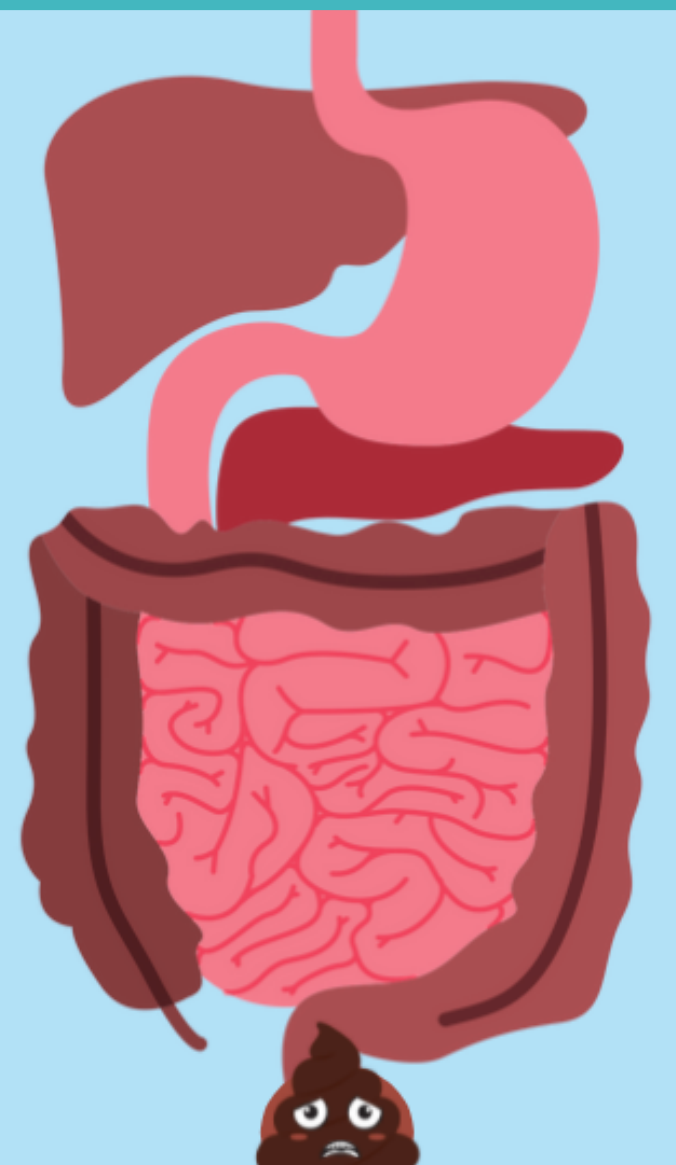
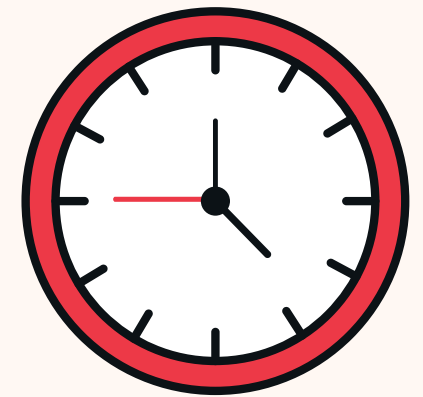
- SIT ON THE POTTY EVERY DAY
- TAKE MEDICINE EVERY DAY
- EATS LOTS OF FRUITS AND VEGGIES
- DRINK WATER
- PRACTICE USING MY BELLY MUSCLES



POOP IS SMALL, SOFT, AND EASY TO PUSH OUT. ITS A GREAT TIME TO SIT AND POOP!



THE LONGER THE POOP STAYS INSIDE, THE BIGGER AND HARDER IT GETS.



POOP IS BIG AND HARD. IT FEELS UNCOMFORTABLE TO PUSH IT OUT.