



The Secret Signs of Constipation



It's not always easy to tell when a child (or an adult!) is constipated. In some cases, you have to become a poop detective.

Here are some signs to look out for to determine if you need to start addressing constipation more aggressively in your child:

Poop streaks or hard-to-wipe poops. Healthy poops are easy to wipe.

Diarrhea. Contrary to common belief, diarrhea is frequently a sign of constipation. It can indicate that the body is so full of poop, only liquids can make their way out.

Super stinky, frequent farts. The longer a poop hangs out in the rectum, the more stinky gas it produces.

Toilet cloggers, cracked poops, and rabbit turds. Healthy poops are soft and smooth.

Frequent UTIs. The bacteria that causes UTIs comes from poop. The more poop hanging out in the rectum, the easier it is to get a UTI.

Loss of appetite, or having an urge to poop mid-meal. A belly full of poop has less room for food.

A feeling that poop is stuck. If your child feels like their poop is stuck, it most likely is!

Wetting the bed or waking up to pee. A rectum full of poop leaves the bladder with less room to expand as it fills during the night.

Daytime pee problems.

A belly full of poop can make it hard for the bladder to function properly.