

12 Signs

Your Child

is Constipated



- 1** **XXL poops.** We're talking "Holy cow!" poops – larger than 3/4" x 6."

- 2** **Firm poops.** Logs or pellets = bad; thin snakes or mushy blobs = good.



- 3** **Poop accidents.** When the rectum is overstuffed, poop just falls out.

- 4** **Bedwetting and pee accidents.** A big 'ol poop mass squishes the bladder.



- 5** **Recurrent UTIs.** Bacteria from overflowing poop crawl up to the bladder.

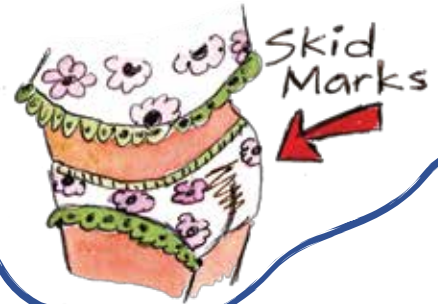
- 6** **Extremely frequent and/or urgent peeing.** You go, "AGAIN? But you JUST peed!"

- 7** **Infrequent pooping.** But daily pooping doesn't rule out constipation.

- 8** **Pooping more than 2x/day.** A stretched-out rectum lacks the tone to evacuate fully.

- 9** **Belly pain.** Constipation is the #1 source of tummy ache in kids.

- 10** **Skid marks or itchy anus.** Clogged kids can't fully empty
→ bottom is hard to wipe
→ poop stains.



- 11** **Super-loose poop.** Some poop can ooze by the large, hard rectal clog.

- 12** **Continued trouble toilet training or hiding to poop in diapers.**



BedwettingAndAccidents.com

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