

Frustrated by the Constipation Carousel?

*5 Ways to Improve Your Child's Bowel Health
Starting Today!*



Photo by Matthew Davis

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Get Off the Constipation Carousel!

Dawn Sandalci PT, RCMT, BCB-PMD

(Board Certified Biofeedback-Pelvic Muscle Dysfunction)

Hi! My name is Dawn and I am a physical therapist and board-certified biofeedback specialist for pelvic muscle dysfunction. I've been a physical therapist for over 40 years. My specialty and more importantly my *life's passion* is working with children with bowel and bladder issues which I've been doing for the past 28 years. I teach post-graduate courses both nationally as well as internationally on these topics to other health care specialists in the field.

I know you have been around the block and that's why you ended up on my website to get more information. I'm here to tell you that the buck stops here. Let me help you tie up the loose ends and fill in the missing pieces of the puzzle to let your child become dry again and return your quality of life.

My passionate goal is to provide information, effective tools and strategies, and educational support to help parents and children that have been diagnosed with bedwetting to take their lives back and restore a normal childhood.

There are too many children (and parents!) who suffer. I have helped thousands of families overcome bedwetting, urinary continence, fecal incontinence and chronic constipation so they can return to doing things without being concerned about a sleepover, a vacation, a play date or other meaningful special events.

My goal is to give you some simple steps and fill in the missing blanks of things that may put the whole picture together for you so you and your family can go back to doing the things that you care about the most!

Mini-Bio

Dawn is a faculty instructor at the Herman & Wallace Pelvic Rehab Institute. In 2017, Dawn was invited to speak at the World Physical Therapy Conference in South Africa about pediatric pelvic floor dysfunction and incontinence. She has been published in the Journals of Urologic Nursing and Section of Women's Health. In 2018, Dawn was awarded the Elizabeth Noble Award by the American Physical Therapy Association Section on Women's Health for providing Extraordinary and Exemplary Service to the Field of Physical Therapy for Children.

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Get Off the Constipation Carousel!

Has your family become frustrated with what I call the *Constipation Carousel*? Have you been to the doctor repeatedly and been given a laxative to stop the constipation only to find that you have a child with soiling and poop smears in their underwear? So naturally you stop the laxative and then your child has constipation again and has soiling from having constipation. Then you restart the laxative and your child has soiling again! So starts the *Constipation Carousel*. Well it's time to get off the carousel and manage your child's constipation with our *Constipation Boot Camp*.

Let me help you get started with these easy tips.

1. Avoid foods that are constipating

There are some foods that can cause constipation. Do you remember the BRAT diet when your child had diarrhea? That stands for Bananas, Rice, Applesauce and Toast these are foods that can bind. Other common foods that can cause constipation are listed below. Some children have allergies such as a gluten allergy that can also cause constipation.

- Bananas
- Rice
- Applesauce
- Toast
- Peanut Butter
- Cheese
- Dairy
- Processed foods
- Red Meat

2. Drink throughout the day



Photo by Johnny McClung

The bowel needs fluid to keep things moving and hydrated. A child should drink about half of their body weight per day—water being the best option, especially in the evening. If your child's urine is dark yellow and has an odor to it, they are not getting enough to drink.

Get Off the Constipation Carousel!

3. Get moving!

The bowel, like most of our other internal organs, needs us to move to stay healthy. When we don't move and stay active the bow also gets a little lazy and slows down as well. This then slows down the motility or peristalsis in the bowl to keep things moving through. Depending on your child's age 15 to 30 minutes of exercise per day is important to stay healthy.



Photo by Markus Spiske



Photo by Ana Pelzer

4. Eat more fiber!

Constipation is very common with processed foods and limited fruits and vegetables. So, fiber up and give them at least 5-7 fruits and vegetables a day. By the way, a serving is considered to be what fits in the palm of your child's hand.

5. Sit with your feet elevated on the toilet to let your muscles relax

Use a stool to put your child's feet on so their knees are higher than their hips and keep the back straight. This allows the muscles that control having a bowel movement relax!



Health Disclaimer

Don't hold back

When your body is telling you to go and you ignore that signal, you are teaching your body to store more poop and get too big. That leads to too much poop and it will then hurt to get it out. Let's teach your bowel to be healthy!

Listen to the signals of your bowel

Many people feel a sensation to poop when they get up in the morning or after eating a meal. If you feel this and ignore it, you eventually could lose the ability to feel it. The you start riding a new *Constipation Carousel* of not feeling it anymore!

Try to poop every day after a meal to create a habit

Make time to sit on the toilet after each meal. I recommend 1 min per age so if you are 5 years old sit for 5 minutes. This is a time to "listen" to the signals of your body and relax- not play video games or read books hello this is done hey how are you. Be consistent to make it a habit!

Health Disclaimer

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Conclusion

I have given you 5 tips and 3 BONUS tips to help your child get started on the road to regular bowel movement and no more soiling! My goal is to assist in identifying things your child may be doing in their daily routine that are contributing to their symptoms and give you a few simple ideas of how to work towards correcting them.

These tips are just the beginning when it comes to constipation management. If you are unable to find success with these strategies don't fret! Sign up for the *Constipation Bootcamp* today!! I am passionate about helping you and your child discover the keys to success. *Constipation Bootcamp* will help your child feel safe, encouraged, and successful through every step of the program while helping to restore their self-esteem!

Dedicated to Restoring Your Health and Happiness,

Dawn Sandalci

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Photo by Marjorie Bertrand