



WHAT IS A NORMAL STOOL?



ALTERNATIVE BRISTOL STOOL CHART

Type 1		Like Maltersers		Separate hard lumps, hard to pass
Type 2		Like grapes		Sausage shaped but lumpy
Type 3		Like a Toffee Crisp		Sausage shaped but cracks on surface
Type 4		Like a sausage		Sausage shaped, smooth and soft
Type 5		Like chicken nuggets		Soft blobs with clear cut edges, passed easily
Type 6		Like porridge		Fluffy pieces with ragged edges, mushy stool
Type 7		Like gravy		Watery, no solid pieces, entirely liquid

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WHAT CAN I DO AT HOME?

- Offer more fruits, vegetables, and whole grains
- Encourage regular toilet time, especially after meals
- Make sure your child drinks enough water
- Use reward systems (stickers, praise) for trying, not just success
- Gentle tummy massage or warm baths may help

When in doubt, reach out.

If you're concerned or unsure, give us a call. We're here to support your child's health every step of the way.



CONSTIPATION

IN

CHILDREN



WHAT IS CONSTIPATION

Constipation is when your child has infrequent, hard, or painful stools. A child may go a few days without passing stool, or they may struggle or cry when trying to go.

WHAT CAUSES IT ?

- Low fibre diet
- Not drinking enough fluids
- Holding in stool (often due to pain or anxiety)
- Changes in routine (e.g. starting school or toilet training)
- Certain medications or underlying medical conditions (rare)

WHAT ARE THE SIGNS TO LOOK FOR

1. LESS THAN 3 BOWEL MOVEMENTS PER WEEK
2. HARD, DRY, PELLET LIKE STOOL
3. PAIN OR STRAINING WHEN -
PASSING STOOL
4. TUMMY PAIN OR BLOATING
5. TRACES OF LIQUID STOOL IN
THE UNDERWEAR
6. AVOIDING THE TOILET,
CROSSING LEGS AND OTHER
MANOEUVRES TO HOLD STOOL IN



WHEN SHOULD I SEE A DOCTOR?

CONSTIPATION MORE THAN 1 WEEK

IF THERE IS BLOOD IN THE
STOOL

IF THERE IS PAIN,
WEIGHT LOSS OR
VOMITING