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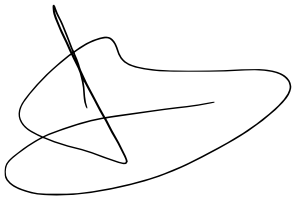
How to help my constipated child

1. **adding more fruits and vegetables**
    a. dried fruits, mango, kiwi, oranges, naartjies, avocado, pears, nectarines, plums, pomegranate, pineapple
    b. beetroot, butternut, pumpkin, beans, peas, raw carrots (NOT cooked!!), cucumber, baby marrow,

2. **adding more whole-grain cereals and breads**
3. **drinking more fluids, especially water**
4. **limiting fast foods and junk foods that are usually high in fats and sugars**
5. **limiting whole milk to 16 ounces a day for the child over 2 years of age, but not eliminating milk altogether; children need the calcium and Vitamin D in milk to help their bones grow strong**
6. **serving meals on a regular schedule**
7. **serving breakfast early so the child has time for a bowel movement before school**
8. **increasing exercise**
9. **if a child has a limited diet/sensory aversion, a fiber supplement can be helpful**



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