

Resources For Families and Caregivers:

- [Bowel Management Tool](#) (which is essentially a diary) and [Toilet Training Tips](#)
- [Constipation and Fecal Soiling in Children and Young People: A Common Problem](#) – Booklet from BC Children's Hospital Division of Gastroenterology
- [Constipation and Your Child](#) – healthychildren.org (American Academy of Pediatrics)
- [Constipation Care Package](#) – NASPGHAN (has several links)
- [Constipation in Children](#) – from NDDIC, National Institutes of Health (US)
- [Fibre and Your Health](#) – HealthLink BC
- [Functional Constipation and Soiling in Children](#) – From University of Michigan.
- [Handout by Dr. David Israel on 4 Stages for the Treatment of Constipation](#)
 - Includes topics on Causes of Children's Constipation, Diagnosis, Soiling, Stool withholding, Long-term constipation, treatment of Constipation.
- [Patient Information: Constipation in infants and children \(Beyond the Basics\)](#) - UpToDate
- [Polyethylene Glycol 3350 Frequently Asked Questions](#) – By NASPGHAN
 - Table 6 (page 6) provides educational bullet points and Table 9 (page 9) provides succinct points on behavioral training.
- [The Poo in You](#) – Constipation and encopresis educational video from NASPGHAN foundation
- [Videos about Constipation by Dr. David Israel](#) – HealthChoicesFirst

Resources For Healthcare Professionals:

- [Constipation, withholding and your child: A Family Guide to Soiling and Wetting](#) – Book
- [Evaluation and Treatment of Functional Constipation in Infants and Children: Evidence Based Recommendations from ESGPHAN and NASPGHAN](#) – JPGN 2014
- [The Ins and Outs of Poop: A Guide to Treating Childhood Constipation](#) – Book

Books from the [Family Support and Resource Centre](#) can be borrowed for free and are available to all BC residents. Books can be picked up in person, ordered online, or by phone. The books can even be mailed to your home at no cost.

Disclaimer: The above resources are not meant to replace consultation with your health care provider(s). The inclusion of material on this page is not a statement of endorsement. The content has not been reviewed for its accuracy.