

HAVING A HARD TIME?



Is Your Child Constipated?

Helping Your Child with His Problem

Our body's natural functions are often taken for granted... until something doesn't work the way it's supposed to. A perfect example is constipation.

Among young children, it's a common problem that can be both bewildering and painful to deal with so moms need to be well-versed in the signs and symptoms of constipation so they can put a stop to it.

Taking a Closer Peek at Poo

Did you know you can tell a lot by looking at your child's poo?



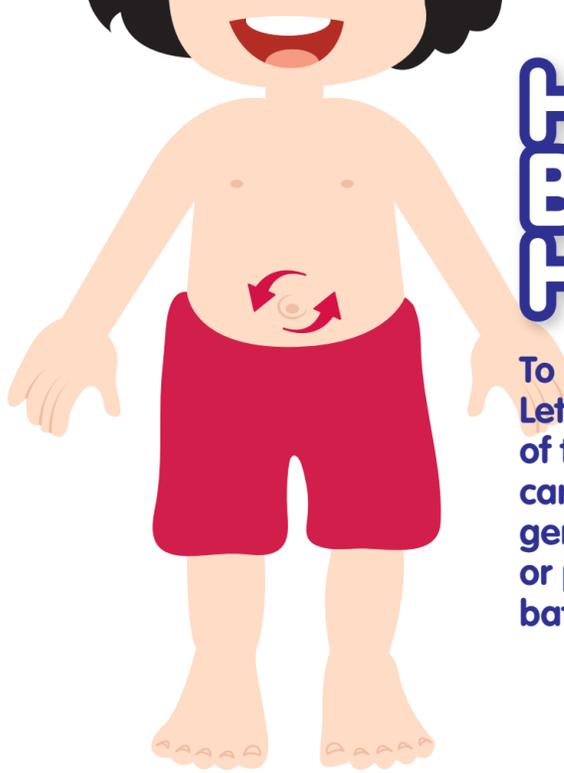
Doctors use the Bristol Stool Chart to evaluate poo, ranging from Type 1 where the poo appears as hard, separate lumps to Type 7 where the poo is completely watery, with no solid pieces. Types 3 and 4 in the chart are usually considered as normal poo.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass).	Hard Stool Range
Type 2		Sausaged-shaped but lumpy.	
Type 3		Like a sausage but with cracks on the surface.	Normal Stool Range
Type 4		Like a sausage or snake, smooth and soft.	
Type 5		Soft blobs with clear-cut edges.	Loose & Watery Stool Range
Type 6		Fluffy pieces with ragged edges, a mushy stool.	
Type 7		Watery, no solid pieces. Entirely liquid.	

Signs to Watch Out For

Children who are suffering from constipation often need to strain in order to poo – this is because the poo has hardened or compacted, making it more difficult to push out. This can be painful, and it can create a vicious cycle when he/she avoids bowel movement in an attempt to avoid the pain, but by doing so the stool becomes even harder. Other warning signs include abdominal discomfort or nausea or even bloating, due to constipation.



How to Beat These Hard Times?

To ease such symptoms, Preeta Letchumanan, a nurse and mother of three children, says mothers can massage their child's tummy gently in a rotating motion, or putting them in a warm bath to improve circulation.

As a Mamil Careline Advisor for the past 10 years, Preeta has also noted that sometimes **busy, full-time working mothers may not be fully aware of their child's dietary habits** while their child is in the care of a babysitter or relative. Such knowledge is important, says Preeta, from the type of milk they drink to the food they consume, so that mothers can ask the right questions and make the right decisions about their child's health.

"Dietitian Lim Yann Horng, also a Mamil Careline Advisor, adds that the **Malaysian Dietary Guidelines for Children and Adolescents 2013** recommend that children aged 3 to 6 years old should consume two servings of fruits and two servings of vegetables daily to fulfil their needs for vitamins, minerals and dietary fibre."

Myth

Many mothers thicken their child's milk formula by using more formula than is recommended or by adding cereal, in the hopes that they will 'stay full longer' and thus reduce the frequency of feeds, especially at night.

Fact

This is unwise, advises Preeta, as the preparation for each formula is based on the optimal mixture of water and formula; altering this ratio may lead to digestive discomfort or even contribute to constipation.

A Little Help from Mamil

Mamil growing up milk formulas contain an Internationally Patented Prebiotics Oligosaccharide Mixture GOS/lcFOS (9:1). These **prebiotics support the growth of good bacteria in the gut**, which in turn helps to maintain a good intestinal environment.

“**Mothers need to be informed about their child's diet, so they can ask the right questions and make the right decisions for their child's health.**”

- Preeta Letchumanan, mother of three children, registered nurse and Mamil Careline Advisor.

lcFOS
GOS



Want To Know More?

Reach out to the Mamil Careline Advisors – a group of eight qualified and experienced individuals who understand what it means to be a loving, hands-on mom. Get in touch with them via email, telephone, Facebook message, or LiveChat.

Tel: 1800 38 1038
Website: www.mamil.com.my
Facebook: Dumex Mamil