

# HOW TO TURN HARD TIME TO GOOD TIME



## Turning Hard Time to Good Time

Being a mom is not an easy task, and constipation could make things worse. What can you do?

### Why is My Child Constipated?

Constipation can turn your child's world upside down...and yours too! As mothers, there's really nothing worse than that helpless feeling when everything you try just doesn't work. Now, you can get some advice from the Mamil Careline Advisors.

A mother of three, Preeta Letchumanan, has over 18 years of nursing experience and has spent 10 years with the Mamil Careline sharing tips with moms on how to manage various digestive problems that children face over the years.



Preeta's #1 tip on potty training is to make the child feel relaxed by making it a fun and enjoyable routine. Moms should also avoid punishing their child for not being able to poo.

Parents should work with their child's usual timing for potty training, says Jacki Siew, a registered nurse from the United Kingdom and midwife with 15 years of experience. For example, if the child normally poos in the afternoon, then there's no need to force him/her to change by doing potty training in the morning.

Hard stools are often linked to poor diet, insufficient fluid intake, lack of physical activity and poor potty training methods, says Preeta, whose conversations with moms revealed that some children deliberately withhold their poo because they are too engrossed with doing something they enjoy, are too busy at play or do not like potty training.

In addition to hard and compacted stools, withholding bowel movement can also lead to health effects like bloating and nausea. This in turn can affect the child's appetite. This vicious cycle is often very challenging for both the child and parents.

# Keep the Good Times Going!

Another Mamil Careline Advisor, Yew Syi Miin, a nutritionist, often advises mothers on the dietary needs of their children in the management of constipation.



It's important for children to consume enough water, fruits, vegetables and whole foods such as whole wheat bread to achieve their nutritional needs. In contrast, avoid giving junk food to your children because it is unhealthy and often associated with lower nutrients content and high in salt and flavouring<sup>i</sup>.

Lim Yann Horng, a dietitian with Mamil Careline, also advises mothers to give children a variety of foods so that the children have well-balanced nutrition.

# Sources of Prebiotics

Prebiotics help to stimulate the growth of good bacteria in the intestine. A child experiencing constipation can benefit from having a healthy digestive system by introducing food that is rich in prebiotics, such as<sup>ii</sup> :

- Leeks • Asparagus
- Chicory • Garlic
- Jerusalem artichokes
- Onions • Wheat
- Oats • Soybeans

Prebiotics can also be found in growing up milk such as Mamil<sup>®</sup>. Mamil<sup>®</sup> contains an internationally patented prebiotics oligosaccharide mixture of galacto-oligosaccharides (GOS) and long-chain fructo-oligosaccharides (lcFOS) at a ratio 9 to 1, which can help to maintain a good intestinal environment.

According to studies, GOS/lcFOS (9:1) increases the beneficial intestinal bifidobacteria, reduces the growth of harmful bacteria<sup>iii,v</sup>, support stronger gut protective barrier<sup>iv</sup> and promote softer stools for easier bowel movement<sup>iii</sup>.



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](http://www.mamil.com.my)  
Facebook: Dumex Mamil

<sup>i</sup> Douglas A. Drossman, MD. The American Gastroenterological Association: Understanding Constipation. [http://www.gastro.org/patient-center/Understanding\\_Constipation\\_Brochure\\_Jan\\_2013.pdf](http://www.gastro.org/patient-center/Understanding_Constipation_Brochure_Jan_2013.pdf)  
<sup>ii</sup> Slavin J. Fiber and Prebiotics: Mechanisms and Health Benefits. *Nutrients*. 2013 Apr; 5(4): 1417-1435. Published online 2013 Apr 22. doi: 10.3390/nu5041417 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/>  
<sup>iii</sup> Mora G et al. *J Pediatr Gastroenterol Nutr*. 2002 Mar; 34(3):291-5.  
<sup>iv</sup> J Knol et al. *J Pediatr Gastroenterol Nutr* 2005; 40:36-42  
<sup>v</sup> J Knol et al. *J Pediatr Gastroenterol Nutr* 2003; 36:130