

The Poop Diary

Find out what your child's
poop tells you.



Dear parents,

Do you often find yourself worried about your child's bowel movements? Do you ask yourself tons of poop-related questions? Do not worry as you are not alone!

Having regular bowel movements with normal poop patterns is important for your child's overall well-being.

When your child is undergoing transitional phases such as a change of diet, toilet training or starting school, he/she is more likely to develop hard stool problems. Because each child has different poop patterns, it is important to become familiar with your child's poop and note any changes.

This poop diary* is a handy tool for you to keep track of your child's poop patterns, frequency and the difficulties he/she may encounter during defecation such as pain and straining. Keep a record for 7 consecutive days. The notes that you capture will be useful for the doctor to assess your child's bowel habits and identify if he/she is at risk of constipation.

Once you've completed the poop diary, do not forget to bring it to the doctor when seeking for further advice.

Is my child
pooping
enough?











Is my child's
poop consistency
normal?

Is my child at risk of
having hard poop or
constipation?



Poop & the story it tells

Poop is one of the indicators of your child's overall well-being¹. The Bristol Stool Chart offers a simple and easy way to help you understand the shapes and types of your child's poop.

Bristol Stool Chart		
 <p>This range of poop types could be an indicator of constipation.</p>	Hard Stool Range	Type 1  <p>Separate hard lumps, like nuts which are hard to pass.</p>
		Type 2  <p>Sausage-shaped but lumpy.</p>
 <p>This range of poop types is the most ideal as they are easy to pass without being too watery. This can be a sign of your child's healthy gut.</p>	Normal Stool Range	Type 3  <p>Like a sausage but with cracks on the surface.</p>
		Type 4  <p>Like a sausage or snake, smooth and soft.</p>
 <p>This range of poop types tend towards diarrhoea.</p>	Loose & Watery Stool Range	Type 5  <p>Soft blobs with clear-cut edges.</p>
		Type 6  <p>Fluffy pieces with ragged edges, a mushy stool.</p>
		Type 7  <p>Watery, no solid pieces. Entirely liquid.</p>

Adapted from Bristol stool form scale²

References:

1. Mayo Clinic, Diseases & Conditions, 2013
2. S.J Lewis et.al. Scand.J.Gastroenterol. 1997, 32(9):920-4

Dr. Mamil



My Poop Diary

Record your child's bowel movements for 7 consecutive days.
Bring this diary to your child's doctor on your next visit.

Hard Stool Range

Type 1
Separate hard lumps, like nuts which are hard to pass.

Type 2
Sausage-shaped but lumpy.

Normal Stool Range

Type 3
Like a sausage but with cracks on the surface.


Type 4
Like a sausage or snake, smooth and soft.

Loose & Watery Stool Range

Type 5
Soft blobs with clear-cut edges.

Type 6
Fluffy pieces with ragged edges, a mushy stool.

Type 7
Watery, no solid pieces. Entirely liquid.

Date	Poop Consistency  Look before you flush! Paste the poop stickers that best characterize your child's poop (refer to Bristol Stool Chart)	Poop Frequency (Number of bowel movement/day)	Pain / Straining during bowel movement? (Yes / Sometimes / No)	Other comments: Eg. - abdominal pain/bloating - blood in stool - usage of medication / laxatives
Day 1	Sticker Sticker Sticker Sticker	1 2 3 4 5	Yes Sometimes No	
Day 2	Sticker Sticker Sticker Sticker	1 2 3 4 5	Yes Sometimes No	
Day 3	Sticker Sticker Sticker Sticker	1 2 3 4 5	Yes Sometimes No	
Day 4	Sticker Sticker Sticker Sticker	1 2 3 4 5	Yes Sometimes No	
Day 5	Sticker Sticker Sticker Sticker	1 2 3 4 5	Yes Sometimes No	
Day 6	Sticker Sticker Sticker Sticker	1 2 3 4 5	Yes Sometimes No	
Day 7	Sticker Sticker Sticker Sticker	1 2 3 4 5	Yes Sometimes No	



What does your child's poop say? Ask your doctor today.

Notes

Useful tips for a healthy bowel movement^{1,2}



Eat more fruits & vegetables



Stay hydrated



Cycling, playing in playground



Consume foods / drinks with prebiotics



Set up a regular toilet routine

Reward Chart

This chart belongs to

I eat a balanced diet rich in fiber (fruits & vegetables)

to form softer, bulkier poop that is easier to push out



I drink adequate amount of water

to keep my poop soft



I exercise regularly

to stimulate intestinal activity which "pushes" food forward during digestive process



I consume foods / drinks with probiotics

to promote good bowel movement with softer stool



I sit on the toilet regularly

to establish good bowel habit



Note: Do encourage and reward the child's effort regardless of the results.

DISCOVER MAMIL

*See the difference**



**Internationally
Patented Prebiotics**
GOS/lcFOS (9:1)
helps promote good
bowel movement



Highest DHA¹
77mg/100g

Reference:

1. Compared to other growing up milk brands in the market as of March 2017
(Mamil[®] Learning Step 3 DHA content, 77mg/100g)

* Results may vary according to individual.

