12 Signs Your Child is Constipated

1. **XXL poops.** We’re talking “Holy cow!” poops – larger than ¾” x 6.”

2. **Firm poops.** Logs or pellets = bad; thin snakes or mushy blobs = good.

3. **Poop accidents.** When the rectum is overstuffed, poop just falls out.

4. **Bedwetting and pee accidents.** A big ‘ol poop mass squishes the bladder.

5. **Recurrent UTIs.** Bacteria from overflowing poop crawl up to the bladder.

6. **Extremely frequent and/or urgent peeing.** You go, “AGAIN? But you JUST peed!”

7. **Infrequent pooping.** But daily pooping doesn’t rule out constipation.

8. **Pooping more than 2x/day.** A stretched-out rectum lacks the tone to evacuate fully.

9. **Belly pain.** Constipation is the #1 source of tummy ache in kids.

10. **Skid marks or itchy anus.** Clogged kids can’t fully empty → bottom is hard to wipe → poop stains.

11. **Super-loose poop.** Some poop can ooze by the large, hard rectal clog.

12. **Continued trouble toilet training or hiding to poop in diapers.**

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