

The Terrible (Number) TWOs

Those of us with toddlers know only too well how stressful it can be trying to get them to eat healthy, nutritious food. But when your little darling simply refuses to eat nothing but biscuits and chips, you know that there are going to be problems – mainly of the toilet variety.



Dr Quah of Quah Hak Mien Colorectal Centre says it's time to be creative with your cooking:

“Constipation in toddlers is very common, especially at an age when they start to have a mind of their own and become fussy with their food. When they have pain during bowel movement, it usually means an anal fissure has developed. Children will then try to hold back their toileting because of pain, making the problem worse. I recommend parents to be creative in their cooking to make eating fruit and vegetables fun and exciting. For example parents could freeze healthy fruit or vegetable juices into popsicles, or create a nice mixed yoghurt salad. Living in Asia means children need a lot of water due to our hot and humid climate. Encourage them to take fluids after playing outdoors. Occasionally, a medical consultation is required for a short course of mild laxatives and sometimes, but very rarely, an enema.”

What is an unhealthy length of time between bowel movements?

“There is actually no definite healthy interval of time. It can vary from person to person – anything from three times a day to three times a week may be considered normal.”

Visit www.colorectalcentre.com.sg/constipation for more information.