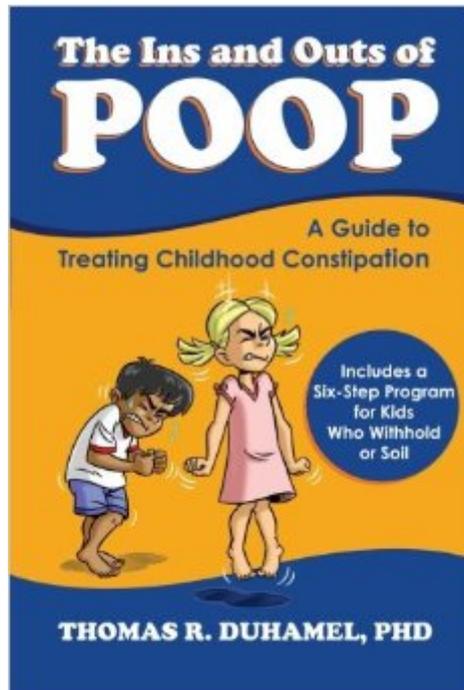


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# The Ins And Outs Of Poop: A Guide To Treating Childhood Constipation



## **Synopsis**

**STOOL WITHHOLDING? SOILING?** Functional constipation (encopresis) is an increasingly common condition that can cause children aged 2 to 12 years to soil their underwear and have full-blown poop accidents without any awareness that they have to use the toilet. The good news is that the warning signs of functional constipation can be recognized and dealt with before it becomes a source of pain and shame for children and their parents. This is a first-of-its-kind book about childhood constipation. It is a how-to book for parents and a treatment guide for pediatric healthcare specialists. Occasional or mild constipation is very common in children. However, more than 20% of children who have occasional constipation go on to develop a more severe type of constipation known as functional constipation or encopresis. Functional constipation occurs when children do not sense the need to defecate. Some of these children accidentally soil in their underwear, which causes them embarrassment. Functional constipation is not a disease but it does cause serious physical and emotional problems which can be prevented by knowing what to do when a child develops occasional constipation. Because functional constipation can persist for months or years, treatment can be stressful for everyone involved, including healthcare providers. To treat functional constipation, parents and providers work together as a treatment team over an extended period of time to manage and resolve the problem. There are six steps required to effectively treat functional constipation: 1. Educate the family 2. Empty the rectum 3. End withholding 4. Shrink the rectum 5. Withdraw laxatives 6. Remain vigilant Each step is explained in detail along with the tools needed for successful implementation, such as forms for data collection and instruction in the use of laxatives and incentives. There are many stories written by parents describing specific aspects of their child's treatment. The book is written in a light-hearted fashion and uses cartoon-like illustrations to highlight key points. It emphasizes the very good news that with comprehensive care, functional constipation can be dramatically improved.

## **Book Information**

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## Customer Reviews

I am forever grateful to Dr. Tom for writing and publishing this life saver for our family. Our daughter, who is 3.5 yrs old, has struggled with constipation since she was an infant. The pain that she has put up with has been heart wrenching and makes us feel so helpless. Our Pediatric GI Specialist at Duke, who has treated her from the beginning, advised us to give her Miralax twice a day. Her diagnosis was a "sluggish digestive system", and she said that she would most likely grow out of it by age 2. Well, here we were at 3.5 and still battling the same issues, day in and day out. We have tried everything! Vitamins, extra fiber, suppositories, nothing seemed to help. A barium enema at the hospital was the last straw for me emotionally. I didn't want to see my daughter on medicine the rest of her life and constantly in and out of doctors offices. Then, I came across Dr. Tom's book on one evening when buying some children's books on poop. Because the reviews were so great, I bought it right away. I didn't have time to read it that night, but I woke up at 5:30am the next morning and couldn't go back to sleep. So I started to read this book and I couldn't put it down. I read the whole thing in a few hours! It was everything that I was wanting and more! We were so desperate for answers and a solution and we found it here. The two biggest things I wanted out of this book, that I couldn't seem to get from doctors was 1. what is "what is causing the constipation?" and 2. "how do we fix it?". Dr. Tom answered both of these questions in his book. He opened our eyes to the fact that our daughter was constipated because she was withholding. All this time I thought she was trying to poop, when in fact, she was holding it in.

My son has been suffering from Encopresis (functional constipation) for 1.5 years, I didn't have a name or a solution for this problem until I found and read this book. My husband and I read this book from front to back in a day. After struggling with my now almost 6 year old through accidents and chronic diarrhea, multiple Dr. visits to both our pediatrician and Children's hospital GI division--including several tests for multiple diseases and allergies, nothing brought answers or a cure. This book bridged the information gaps we had found between all of our health care providers. It seems

that pediatricians and GI specialists at Children's hospital should be well versed and educated in this topic of Encopresis but they are not-- in fact not one of them mentioned this by name. They told us he was severely constipated and that was it. They gave us the list of the laxatives we needed to use, 2 handouts on fiber and wished us good luck. Had they been more educated on this topic, we would be light years ahead of where we are today with my son's confidence and development. We have been searching for help for 1 1/2 years and within 3 weeks of reading this book and implementing Dr. Tom's plan, my son has gone from 6+ accidents a day to zero. He is gaining his confidence back and is just in general a happy kid again. He is starting Kindergarten this fall and I am feeling much more assured that he won't be embarrassed by an accident he can't control. We have a long healing time ahead but with this plan and this book as a reference we feel so much more confident that we know what we are dealing with and how to treat it with results. I can tell you this book easily explains the digestive system to you and your child.

My daughter is 5 years old and has been withholding her stool for about 3. It is in the top three hardest things I've ever had to deal with as a parent. After she was diagnosed with Sensory Processing Disorder, we tried the child psychiatrist, OT, the sleep specialist, several pediatricians, and a pediatric GI to try to figure out why she was behaving the way she was, and it was through OT we realized that all of her behaviors seemed to center around withholding. When she wouldn't poop, everything went to \$h\*t, essentially. She would sit on the toilet and scream like someone was wielding an ax at her. It was horrible. Finally, I discovered Dr. Tom. This book helped me to finally understand WHY she was doing what she was doing, and helped me understand how to stop it -- for good. I learned more from him than I did all of those specialists over all that time. I thought all of this time that it was something she was doing TO me, and to herself. Dr. Tom taught me that it is a psycho-physical response that not even she can control -- but I can help her overcome it. An absolute miracle. I also ordered "Softy the Poop," along with the other book thinking it MIGHT have some influence on her. To my amazement, she LOVED this book. She memorized it immediately, and every new person who comes in the house gets a personal reading. She looks at it every day, and she now refers to all of her poop as "Softy" and waves goodbye when she flushes. Is it a little weird talking about poop in so much detail? Yea; but I would do just about anything to get her to go in the potty, not hold it, and not leak. I'm good with Softy, and you will be too.

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