



Constipation in Young Children: Paediatric Gastro Care

Combating constipation

Constipation is one of the most common digestive concerns in young children. Constipation is the cause of discomfort, irritability and stress not just for the child but also for the parents. While occasional difficulty in passing stools is normal, persistent constipation should not be ignored, and medical attention will be required to prevent complications. Here specialised care makes a huge difference. It is advisable to take advantage of the Paediatric Gastroenterology services at Neotia Bhagirathi Woman and Child Care Centre, New Town.

Reasons for constipation in young children

Constipation in children can have varied causes. In many cases, it occurs due to a low-fibre diet, inadequate water intake or sudden changes in routine, such as starting school. Some children may also intentionally hold their stool due to fear of pain, especially if they have previously experienced hard or dry stools. Medical conditions like hypothyroidism, food allergies or certain medications though less common, can also be reasons.,

Signs of constipation include infrequent bowel movements, hard or pellet-like stools, straining, abdominal pain and sometimes even streaks of blood in the stool. A tell-tale sign is children avoiding the toilet or being unusually cranky.

Paediatric Gastro Department: Playing a stellar role

When constipation becomes persistent it is time to seek medical help. The expert Paediatric Gastroenterology team at Neotia Bhagirathi Woman and Child Care Centre, New Town offers comprehensive assessment and personalised care



Their approach typically includes:

- **Detailed Evaluation:** Specialists assess dietary habits, toilet behaviour, medical history and symptoms to identify the root cause.
- **Child-Friendly Treatment Plans:** Management often includes increasing dietary fibre, encouraging hydration and establishing healthy toilet routines. Paediatricians may prescribe mild stool softeners when necessary
- **Behavioural Guidance for Parents:** The team helps parents understand how to encourage regular bowel habits, reduce a child's anxiety about passing stools and maintain consistency at home.
- **Advanced Care When Needed:** In cases linked to underlying medical conditions, the department provides specialised diagnostic tests and advanced treatment options.

At Neotia Bhagirathi Woman and Child Care Centre, New Town, the focus is always on gentle, compassionate and evidence-based care to ensure regular bowel habits.

Time to seek help

Constipation if persistent should not be ignored. Here are a few warning signs. Parents should consult a doctor if constipation lasts more than a few weeks, is accompanied by severe pain, vomiting, weight loss or blood in stools. Early intervention ensures quicker relief.