



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Constipation Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Constipation Support

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Pediatric Constipation

Constipation in children occurs when bowel movements become infrequent, difficult to pass, or incomplete. This is one of the most common pediatric concerns and can range from mild to chronic. From a naturopathic and functional perspective, constipation is never simply “just a stool problem.” It reflects a combination of hydration status, nervous system tone, diet, gut microbiome balance, and toileting habits.

A healthy child should pass soft, comfortable stools daily. Any pattern of straining, avoidance, skipping days, or passing large and painful stools indicates that the digestive system needs support.

Constipation is especially important to address because it affects far more than the bowels. It influences:

- behavior and mood,
- sleep quality,
- immune function,
- bladder function,
- appetite and nutrient absorption,
- abdominal comfort.

Children with chronic constipation often experience emotional tension, withholding patterns, or anxiety around toileting. Constipation can also trigger urinary issues because a backed up colon presses against the bladder, reducing capacity and confusing signaling.

Signs and Symptoms

- Hard, dry, or pellet like stools
- Large stools that clog the toilet
- Painful bowel movements
- Abdominal bloating or discomfort
- Withholding behaviors
- Skid marks in underwear
- Decreased appetite
- Irritability or mood changes
- Infrequent stools, less than one per day

Common Contributors

Low Fiber Intake

Children need consistent fiber from fruits, vegetables, legumes, and whole foods.

Inadequate Hydration

Low water intake is one of the most frequent causes.



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Fear of Pain

One painful bowel movement can lead to withholding, which worsens constipation.

Gut Dysbiosis

Imbalanced gut flora can slow motility.

Low Magnesium

Magnesium supports smooth muscle relaxation in the intestinal tract.

Low Activity

Movement stimulates digestion.

Food Sensitivities

Dairy, gluten, excessive bananas, and processed foods may contribute for some children.

Stress or Nervous System Tension

Children often “hold” emotional tension in the gut.

When to Seek Medical Care

- Severe abdominal pain
- Persistent vomiting
- Blood in stool
- Constipation lasting more than two weeks without improvement
- Failure to thrive or weight loss
- Hard distended abdomen
- Fever with constipation

Most constipation is functional and resolves with nutrition, hydration, and nervous system support.

Functional Wellness Support



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Hydration and Fluids

- Offer water throughout the day, not just at meals
- Add electrolytes or trace minerals if needed
- Use warm fluids in the morning to stimulate motility
- Herbal teas such as chamomile or peppermint can soothe digestion

Nutrition for Bowel Regularity

Increase

- Berries
- Pears and prunes
- Peaches and kiwi
- Beans and lentils
- Chia seeds and flax seeds
- Vegetables cooked until soft

Reduce

- Excess dairy
- Processed snacks
- White breads and pastas
- Excess bananas

Morning Motility Drink

Warm water with a squeeze of lemon, or warm pear juice, helps trigger the gastrocolic reflex.

Lifestyle and Toileting Habits

Toilet Time Routine

Have the child sit on the toilet for five to ten minutes after breakfast and dinner. This uses the body's natural digestive rhythm.

Foot Support

Use a footstool to raise the knees and create an optimal angle for stool passage.

Movement

Jumping, playing, trampoline time, walking, and squatting all support motility.

Calm Bathroom Environment

Reduce pressure and encourage relaxed toileting.



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Herbal Support

Chamomile

Calms the digestive tract and reduces spasms.

Fennel

Relieves gas and supports motility in young children.

Marshmallow Root

Soothes irritated tissues and softens stools.

Licorice, short term

Supports mucosal health and gentle motility.

Ginger

Improves digestive tone and reduces bloating.

Topical and Manual Support

Abdominal Massage

Using a clockwise motion to follow the path of the colon helps relieve tension and stimulate movement.

Pediatric Supplement Blends & Guidelines

These supports focus on restoring healthy motility, softening stool, improving gut tone, nourishing the microbiome, reducing inflammation, and lowering the risk of chronic withholding or painful bowel movements.

Magnesium Citrate

Magnesium relaxes intestinal smooth muscle, draws water into the colon, softens stool, and supports more regular motility. Citrate works more directly on bowel movement frequency, while glycinate supports calmness if anxiety contributes to withholding.

- Ages two to five, eighty to one hundred twenty milligrams daily
- Ages six to twelve, one hundred twenty to two hundred milligrams daily
- Ages thirteen to seventeen, two hundred to four hundred milligrams daily

Increase slowly to bowel tolerance.

Vitamin C

Acts as an osmotic stool softener at higher doses and reduces gut inflammation.

- Ages two to five, two hundred fifty to five hundred milligrams two times daily
- Ages six to twelve, five hundred to seven hundred fifty milligrams two times daily
- Ages thirteen to seventeen, seven hundred fifty to one thousand milligrams two times daily

Increase gradually for therapeutic stool softening.



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Probiotics (lactobacillus and bifidobacterium dominant)

Support healthy motility, improve stool consistency, and reduce inflammation. Very helpful in constipated toddlers and school aged children.

- Toddlers, ten to fifteen billion CFU daily
- Ages six to twelve, fifteen to twenty five billion CFU daily
- Teens, twenty five to fifty billion CFU daily

Prebiotic Fiber Powders (acacia, partially hydrolyzed guar gum, or inulin)

Increase stool bulk, feed beneficial flora, and support predictable daily bowel movements.

- Ages two to five, one fourth teaspoon daily
- Ages six to twelve, one half to one teaspoon daily
- Ages thirteen to seventeen, one to two teaspoons daily

Aloe Vera (inner fillet juice)

Gentle, soothing botanical that hydrates stool and supports intestinal motility without harsh stimulation.

- Ages two to five, one teaspoon daily
- Ages six to twelve, one to two teaspoons daily
- Ages thirteen to seventeen, one tablespoon daily

Chamomile (glycerite)

Helps reduce anxiety induced withholding or abdominal tension that slows motility.

- Ages two to five, one milliliter one to two times daily
- Ages six to twelve, one to two milliliters one to two times daily
- Ages thirteen to seventeen, two to three milliliters one to two times daily

Digestive Enzymes (broad spectrum, chewable or powder)

Useful when constipation is associated with bloating, slow digestion, or food reactivity.

- Ages two to five, one half pediatric dose with meals
- Ages six to twelve, one pediatric dose with meals
- Ages thirteen to seventeen, adult dose with meals

Omega Three Fatty Acids

Lubricate the stool, reduce gut inflammation, and support smoother motility.

- Ages two to five, three hundred to five hundred milligrams daily
- Ages six to twelve, five hundred to eight hundred milligrams daily
- Ages thirteen to seventeen, eight hundred to twelve hundred milligrams daily



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Supplement Access

A complete supplement protocol for Pediatric Constipation Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to access it. Inside the protocol, they will find a fully organized list of professional grade supplements and clear dosing guidance.

When Constipation Reflects a Deeper Issue

While most constipation in children is functional and resolves with hydration, diet, and routine support, there are times when constipation serves as an indicator of a deeper imbalance. Persistent constipation may reflect gut dysbiosis, low short chain fatty acid production, food

sensitivities, inflammation, sluggish motility, or microbial overgrowth that is altering nerve signaling within the digestive tract.

In these cases, a **comprehensive stool test** is recommended. This allows identification of underlying imbalances such as bacteria, yeast, parasites, digestive enzyme insufficiency, or inflammation markers that are contributing to the problem.

Testing provides clarity and ensures that treatment addresses the root cause rather than only managing symptoms.

Parent Friendly Summary

Constipation in Children

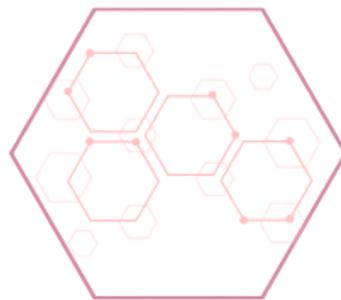
Constipation is common in children and usually related to hydration, diet, or withholding after a painful bowel movement. Most cases improve quickly with supportive home care.

Simple Home Support

- Increase water
- Offer pears, prunes, berries, and soft vegetables
- Use a footstool for toilet posture
- Encourage daily movement and play
- Add magnesium if recommended
- Use gentle herbs such as chamomile, fennel, or marshmallow

When to Recheck

Seek support if your child has severe pain, vomiting, blood in the stool, or constipation that does not improve with home care.



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