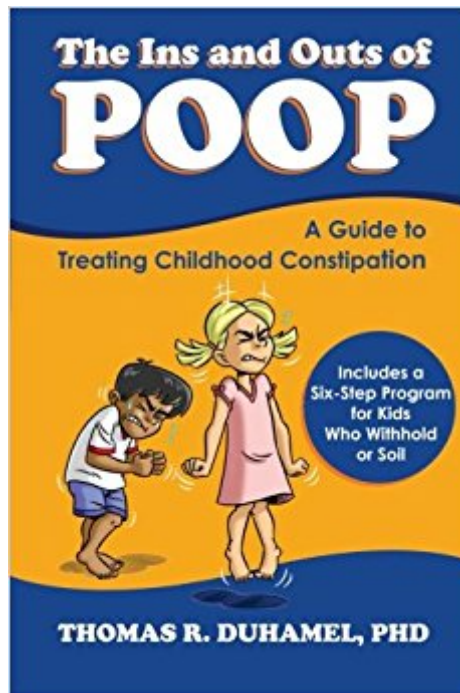




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# The Ins And Outs Of Poop: A Guide To Treating Childhood Constipation



## **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

Dr DuHamel is a clinical child psychologist in private practice with the Associates in Behavior and Child Development, ABCD Inc, in Seattle, Washington. He is a Clinical Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. Dr DuHamel graduated from Brown University and earned his doctorate in clinical psychology at the University of Massachusetts at Amherst. He completed a postdoctoral residency in the Department of Medical Psychology at the University of Oregon Medical School in Portland and was formerly Chief Psychologist at Seattle Children's Hospital.

I have a MUCH older child - one that happens to be on the spectrum - who is non-verbal and not always compliant. Although some parts in this book are ideas/processes that will not work for my son - it gave me insight on things I may not have considered previously. In reading this book - I knew that my son was more than likely "withholding" - but I did not realize some of the other characteristics, like being lethargic or mood swings could also be contributing to his behaviors and changes. With him non-verbal and unable to express how he is feeling - it's a guessing game. My son does not have the "fear" of the toilet bowl itself - but he does have insanely LARGE BM's that I think "how the heck did he even pass a thing of that size" - so the pain issue of his BM is def a concern and why he would withhold it. Yes, the book repeats itself (but that is how we learn and understand, but repetition so we understand the terminology and so forth)... Again, I can not use EVERYTHING in this book, but I can learn and alter some parts to help with my son. It is also a VERY quick read - I completed it in under 2 hours.

Such a helpful book, I wish I had found it sooner! My daughter had been withholding poop for 2 years her pediatrician was never any help just kept telling me "she'll poop, give her time." That is unacceptable advice when you're 2 old is crying and screaming for a week at a time because she has to poop but is too scared to do it. I tried google and couldn't find helpful information. I read this

book and the term functional constipation was used, suddenly I had a plethora of information from Google once I had the correct terminology. Anyway 9 months later we followed the advice on the book and my daughter is no pooping without holding it, she's not crying about it for days. I'm now weaning her from the medicine to see if it is still needed. If you are having poop problems read this book!

I wish we had had this 10 years ago. It is incredibly clear, helpful, and instructive, and the stories of children in it were helpful and inspiring to my child. The Dr.'s availability to help and to guide are inspiring and rare. If you are down this road, I have nothing but compassion for you, but you are in good hands with this book. Very worth it. The best guide I have seen. Wish every Dr. had to read this, as we were often sent home from the Dr being told to have our child eat more fiber. He understands what we were really facing, and has helped us find a way out. The pictures and diagrams in this book were really helpful to my child to understand better.

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. Including diagrams and great ideas for incentive programs and a very solid understanding of how laxatives work. If you have a

child that is struggling with toilet training and you think they are withholding their poop or scared of the potty, it is worth spending the \$10 on this book just for the basic understanding of how the body works and how to implement the right incentives for the right behaviors. I wish I had this book early on, I firmly believe it would have helped us prevent my son from developing Encopresis.

Definitely helped us solve our problem of our almost 7 yo only pooping in a pull-up! So thankful that we are pull-up free now. Part of it was just understanding how everything works and why she was scared and how to overcome the fear

Great resource for parents struggling with this issue. Really helped knowing others are going through this. Thank you DR!

This book was so helpful! Dr DuHamel explains things very well and it is incredibly useful for understanding and treating something that our pediatrician wasn't able to help with much. If your child is struggling with chronic constipation and all the struggles that go with it and you're at your wits' end, give this a try!

As a doctor and a mother, I highly recommend this book. My son had been to three different treatment centers without success, before we met Dr. Duhamel. Dr. Duhamel has helped turn things around for us. I read this book after we became a patient of his. His book mirrors the techniques he uses in his clinical practice. The book is well-written, concise, practical and very useful! If your child suffers from constipation/encopresis, then this book may help change your life!

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