

Managing Pediatric CONSTIPATION

Dr. Daniella Perri

I am a naturopathic doctor with over 10 years of clinical experience and a CAPPA certified childbirth educator. My practice is focussed on supporting women who want to have an empowering birth experience and those who are struggling with postpartum challenges. I am a mother of 3 with lived postpartum understanding. Tell me your story. I'm here to help!

CONTACT & SOCIALS

✉ drdaniellaperrind@gmail.com

📷 [@drdaniellaperri](https://www.instagram.com/drdaniellaperri)

📌 Dr. Daniella Perri, ND, BDP

🌐 www.motherwellacademy.com

COMMON CAUSES

- Solid food introduction
- Inadequate water intake
- physical abnormalities
- physiological imbalances

SIGNS & SYMPTOMS

- No bowel movement for more than 1 day
- Stool is dry, hard, pellet-like
- Grunting, accompanied by red face, visible straining
- Appetite may or may not change



Mother Well
ACADEMY

heal • trust • transform

TOP 3 SUPPLEMENTS

HOMOEOPATHIC MAGNESIUM PHOSPHORICUM 30 CH

- gently nudges the intestinal tract to release waste

UNDA 6

- Liquid homeopathic remedy to stimulate the bowels
- can be given to babies and toddlers

MAGNESIUM CITRATE

- use in toddlers to help ease bowel movements

NUTRITION & PHYSICAL THERAPY

- Add more water to diet
- Prune juice, pear juice or a mix of both
- Figs, avocado, bananas: naturally high in magnesium!
- Abdominal massage with castor oil
- Massaging the point on either side of belly button; it is the acupuncture point for constipation (LI 25)

DID YOU KNOW?

- Green bananas and rice are good choices for diarrhea
- They absorb water and are great for bulking up the stool
- Perfectly ripe **yellow** bananas are helpful for constipation

Scan me to book an appointment

