

CT Children's CLASP Guideline: Constipation

Appendix B: Behavioral Interventions

Associated Behaviors of Constipation and Behavioral Interventions for the treatment of Pediatric Functional Constipation

Associated Behaviors of Constipation:

- Refusing to sit on the toilet or potty to pass a bowel movement
- Refusal to take medications
- Withholding behaviors: such as crossing legs, walking on tippy toes, crying, hiding, dancing or shaking, suddenly going into a different room or part of a room to pass a bowel movement
- Refusing to remove oneself from activities such as homework, games, or playing outside

Behavioral Interventions:

- Schedule toilet sitting for no longer than 10 minutes at a time, 5 minutes after a large meal
- Develop a rewards system for persistently overcoming fears (like sitting on the toilet) or passing a bowel movement in the toilet
- Positive reinforcement with effectively passing stool with a non-judgmental approach to setbacks
- Schedule toilet sitting in the presence of withholding behaviors
- Schedule toilet sitting 10 minutes into the onset of an activity