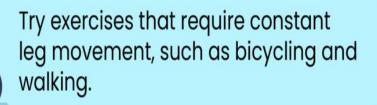


## In Children



Certain Yoga poses may help exercise multiple muscles, easing constipation.





Some children may find relief from constipation by using a squat toilet.

Using a stool to hold the feet up while seated on the toilet can relax abdominal muscles, helping pass stools more easily.

> Exercises involving squatting and abdominal crunches contract abdominal and hip muscles. This may help lead to an urge to pass stools.

## References

- 1. Constipation; Seattle Children's Hospital
- 2. Constipation and the Pelvic Floor Muscles; BIDMC
- 3. Top 7 Yoga Poses for Constipation Relief; The Yoga Institute



Source: https://www.momjunction.com/articles/miralax-for-kids-dosage-safety-side-effects\_00767008/