



## Neurodevelopmental Health Workshops – Constipation

This virtual workshop helps families support their child's digestion in a caring, understanding way.

### Key topics

- Why constipation can be more common in children or youth with neurodevelopmental differences
- Understanding of how fiber, fluid and movement impact constipation
- Knowing when to seek medical support

The goal is to better understand different causes of constipation and provide caregivers education and practical strategies to best support digestive health.

### Entry Requirements

- 0-17 years old
- and experiencing symptoms of constipation such as:
  - > Infrequent bowel movements
  - > Abdominal pain, bloating, or discomfort stool withholding behaviors
  - > Toilet refusal or fear related to bowel movements

### What makes this workshop unique?

- Programming developed by dietitians through a neurodiversity-affirming and compassionate lens

For questions, please contact



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A member of your  
child/youth's care team