Parents and children should receive information about constipation and the expected results of treatment.

No extra fluid is recommended. There is insufficient evidence to use extra fiber.

A normal movement pattern is recommended for every child, with or without symptoms.

Constipated children are recommended, to go to the toilet three times daily after meals (to use the gastroesophageal reflex) for 5 minutes of training.

It is recommended to record daily defecation patterns in diaries. Diaries can provide insight into symptoms such as defecation, loss of stool, pain, etc. Additional problems such as urinary incontinence and use of laxatives may be recorded. The effectiveness of treatment and compliance with treatment can be evaluated.

Macrogol 3350 or 4000 as a laxative is recommended.