

For further information about this service contact:

**Children's Services with Additional Needs Continence Service**  
Union Street  
Bedford  
MK40 2SF

Tel: 01234 310879 Email: [ccs.beds.childrens.cct@nhs.net](mailto:ccs.beds.childrens.cct@nhs.net)

**Information and guidance can be found at:**

- ERIC Helpline 0845 370 8008 [www.eric.org.uk](http://www.eric.org.uk)
- Bladder & Bowel UK 0161 607 8200 [www.disabledliving.co.uk](http://www.disabledliving.co.uk)
- NHS Choices [www.nhs.uk](http://www.nhs.uk)
- NICE [www.nice.org.uk/guidance](http://www.nice.org.uk/guidance)



**Bedfordshire  
Community  
Health Services**



# Information for Children with Additional Needs

## Children's Continence Clinic

### Training



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

### Opportunity



### Achievement



## Here to help...

Children with Additional Needs Continence Clinics are held at Bedford and Luton Children's Centres and some special schools.

## We will

- Assess your child's toileting needs.
- Discuss and agree a treatment plan with you.
- Help you and your child with toilet training.
- Work with you, your child and their school.
- Offer telephone reviews and on going support.
- Ask you and your child to attend appointments and regular reviews.
- Ask you to only cancel appointments when absolutely necessary.
- Ask you to bring completed diaries/charts with you.
- Ask you to follow the agreed toileting plan and ask for help if it is not working.



## Constipation

**Most children go to the toilet everyday.**

It is important to know and understand your child's bowel habits.

**Your child may be constipated if:**

- ♦ straining on the toilet,
- ♦ it hurts when trying to poo,
- ♦ they are not having a poo at least three times a week,
- ♦ the poo is hard or very runny.

## Know your child's poo

Having a poo should be a regular and simple event that happens daily.

If you think your child is constipated please contact your school nurse, GP or Health Visitor.

## Know Your Poo What type are You?

choose your POO!		
type 1		looks like rabbit droppings separate hard lumps, like nuts (hard to pass)
type 2		looks like bunch of grapes sausage shaped but lumpy
type 3		looks like corn on cob like a sausage but with cracks on its surface
type 4		looks like sausage like a sausage or snake, smooth and soft
type 5		looks like chicken nuggets soft blobs with flat edges (passed easily)
type 6		looks like porridge fluffy pieces with ragged edges, a mushy stool
type 7		looks like gravy watery, no solid pieces (ENTIRELY LIQUID)

## Advice Page

**Toilet training is a process not an event. It takes time and patience to achieve results.**

### Getting Ready

- Check for constipation - Does your child poo each day? If not speak to your health visitor or school nurse.
- Choose a potty and child's toilet seat together.
- Begin changing pads/pants in the bathroom area.
- Keep some toys and books in the bathroom.
- Put a picture of your child's choice on the wall or door.

### Be Steady - Praise all positives

- Ignore negative behavior if possible.
- Ensure your child's feet are supported by a footstool.
- Encourage 6 - 8 drinks throughout the day.
- Boys should also sit on the toilet.
- Make the bathroom and toilet a fun place to be.
- Sing songs, read books, blow bubbles etc.

### Prepare to Go

- Keep drinking.
- Last drink 1 - 2 hours before bedtime.
- Continue making it **fun, fun, fun!**
- Praise all progress no matter how small.
- It may take some time so don't give up, we are here to help you.



**Small Steps = Big Progress**

**Need support/advice between appointments**

**01234 310879**

Please leave a message with your child's name, date of birth, contact number and some information about the problem.

We **will** get back to you as soon as we are able to.

