Information for Children with Additional Needs

Children’s Continence Clinic

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.

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

Know Your Poo
What type are You?

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.

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.