

For further information about this service contact:

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Information and guidance can be found at:

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

Continent



Confident



Carefree



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.



Hints and Tips for children who like to poo in a nappy

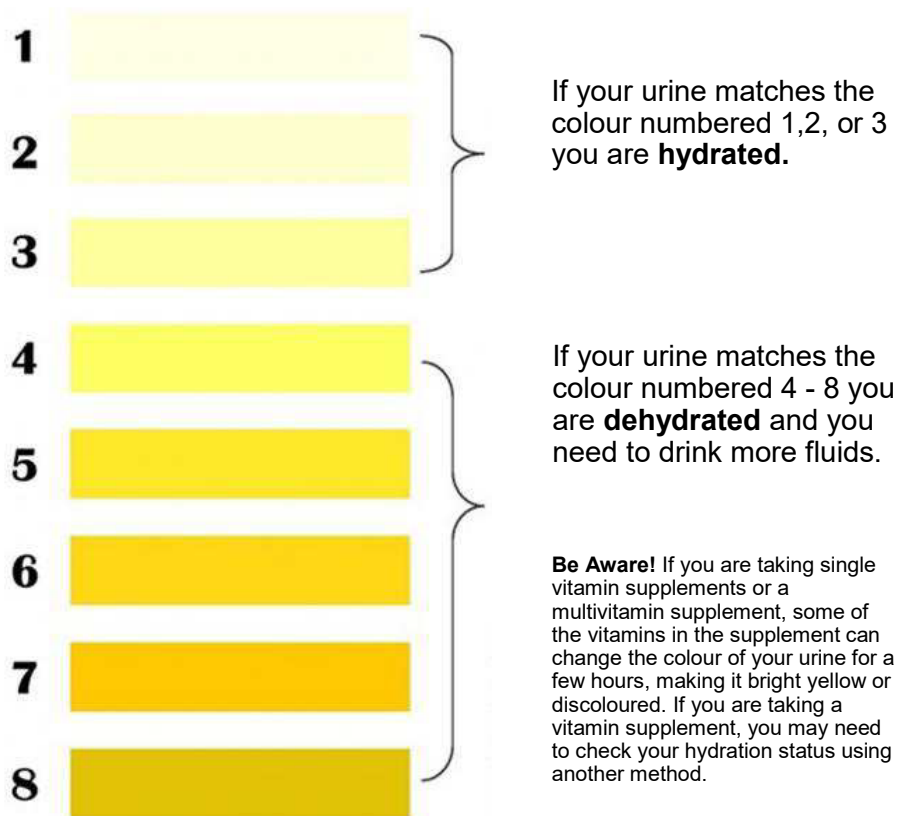
Children's Continence Clinic



Am I Hydrated?

Urine Colour Chart

This urine colour chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



Your nose knows!

While some foods, like asparagus, can cause your urine to smell different, a strong smelling odour can also be a sign of hydration.

Handy hints: - ways to get my child to take their Macrofol - Try adding to the following:

- Breakfast cereal
- Yoghurt
- Ice cubes
- Puddings
- Slushy
- Cupcakes
- Milk shakes
- Smoothies
- Hot chocolate
- Ice lollies
- Custard
- Angel delight
- Mousse
- Frozen yoghurt
- Pancakes
- Shepherd's Pie
- Casserole
- Spaghetti Bolognese
- Gravy
- Yorkshire Pudding
- Pasta Sauce
- Any blended foods



Stage 4

Ready to poo in toilet

- Make sure your child is relaxed and happy before you begin.
- Have their favourite book, some bubbles or a small toy handy.
- Make sure the training seat and stool are in place.
- To begin with keep the nappy on but loosen the sides.
- Reward every step.
- After each successful step loosen the nappy further until it would fall off and so that the poo drops into the toilet.
- Remember this may take some time to achieve.
- Remove nappy and allow child to poo in toilet.
- Reward a 😊 and independent child.
- Reward for parents - no more changing nappies . 😊



Stage 1

It is vitally important for the child to do a poo regularly - if this only happens in a nappy that is fine, we will work on ways to change this habit. Do not tell the child off or be cross because this can cause constipation.

Let's make sure constipation is not the cause.

- Does your child strain to poo?
- Does your child cry when having a poo?
- Does your child avoid having a poo?
- Does your child have hard and/or large poos?

THE BRISTOL STOOL FORM SCALE (for children) 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 clear cut 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

Yes to any of the above ?

Then you may need to begin treatment for constipation. This will be in the form of a Macragol that will be prescribed by a health professional.

If it is difficult to get your child to take their Macrogol laxatives in a drink then the following tips may help.

- Each sachet should be mixed up with at least 62.5 mls of water.
- Can be stored in a fridge for 24 hours and used as required.
- Can be added in small amounts to foods.

Stage 2

Frightened of the toilet:

Some children do not like the bathroom or toilet -often this is due to sound. It may be the echo, flush of toilet or that the room is small and confined.

Here are some tips that may help. Choose the steps appropriate to your child.

- Make the bathroom and toilet fun.
- Reward every small step.
- Firstly, play, read a story etc. outside the door of the room.
- Open the door and begin to play inside the room.
- Have lots of your child's favourite things in the room.
- Put a reward chart for entering, spending time in the room.
- When your child is happy to enter the room you are ready for the next step.



Stage 3

Sitting on the toilet:

- Now your child is happy to go into the bathroom or toilet.
- Ensure child is relaxed and happy before you begin.
- Introduce sitting on the toilet - with a nappy and clothes on .
- Make sure the toilet is as comfortable as possible ensure that a child's training seat is available.
- Use a step for correct positioning - to make it easier to fully empty the bladder and bowel.
- Practise flushing the toilet and washing hands.
- Reward every small step of progress.
- When child is used to the toilet encourage child to poo in nappy while sitting on the toilet.
- Tip poo from nappy into toilet.
- Child is wiped on the toilet.
- Child helps as much as possible.
- **REWARD EVERY SMALL STEP OF PROGRESS**

