



Community Children's  
Health Partnership

North Bristol **NHS**  
NHS Trust



Thinking about wee  
and poo now you're  
on your way to  
**SCHOOL!**



# How did you get on with potty training?

Is your child reliably clean and dry in the daytime?

If the answer to that is no, *don't panic!*

Maybe you've been trying but things haven't been going well... if that's the case read on - there can be reasons why children struggle to get their wees and poos in the potty or toilet.

Maybe you haven't got around to starting yet? If that's the case...

- Go to [www.eric.org.uk](http://www.eric.org.uk) - there's lots of useful info on how to get started.
- Or call ERIC on 0845 370 8008 and ask for the leaflet *ERIC's Guide to Potty Training* to be sent to you, or pick one up from your local Children's Centre.
- Talk to your School Health Nurse/Health Visitor/Community Nursery Nurse/staff at the Children's Centre.

Remember, all children need help to make sure they have a...

# Healthy Bladder and Healthy Bowels

Check your child has plenty of fluids - a minimum of 6 – 8 drinks every day.

Don't limit their drinks to help them stay dry... it doesn't work! The bladder needs to be properly filled and emptied to behave properly.

If your child is struggling to get dry in the daytime despite plenty of work on healthy bladder and bowels, read...



## *ERIC's Guide to Childhood Daytime Wetting*

The bladder and bowels are closely related – if your child is constipated their tummy may be so full of poo that it makes their bladder misbehave! So, constipation can cause wee problems as well as poo problems. Learn to spot it and know what to do about it.

# Wee and Poo Problems at School

For some children it is just not possible to get clean and dry before starting school:

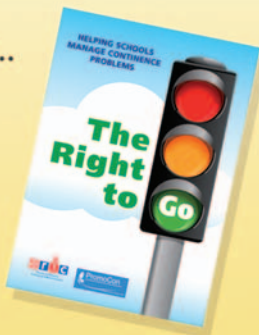
- Some children have special needs and will need extra time and effort with toilet training. Go to [www.promocon.co.uk](http://www.promocon.co.uk), look in the publications section and read their leaflet **Toilet Training Children with Special Needs** for advice on what to do.
- Other children have bladders and bowels that misbehave. The most important thing is to talk to school staff and the School Health Nurse so they are aware and can help. They have a responsibility to meet your child's needs.

For more information read...

ERIC (Education and Resources for Improving Childhood Continence) is a registered charity (no.1002424) and a company limited by guarantee (no.2580579) registered in England and Wales.

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# What should your child drink?



- Choose a suitable cup for their size – about 150-175mls for a 4-5 year old.
- Water is best.
- 2-3 drinks of milk a day is fine as part of a balanced diet.
- Well diluted fruit juice or squash can be included.
- If your child wakes for a drink in the night, only offer water.

## *What drinks should they avoid?*

- Any drinks containing caffeine - like tea, coffee and cola.
- Sweetened drinks.
- Save fizzy drinks for a treat when they are older.

# What about Night time?



Your child may still be wet at night – if so don't worry! This is quite normal. Some children are dry at night soon after achieving success in the daytime – for others it is much later.

The first step for everyone is to work on a healthy bladder and healthy bowels – so keep an eye on those drinks and always watch for constipation.

Make sure your child gets into the habit of having their last drink an hour before bedtime, and then doing a wee last thing before sleep.

Make sure their mattress is protected with a waterproof cover so accidents don't matter!

Some children do struggle to get dry at night - check out the ERIC website or read this leaflet for more information...

***ERIC's Guide  
to Night Time  
Wetting***





# What does healthy poo look like?

1



**Looks Like:**  
Rabbit droppings

2



**Looks Like:**  
Bunch of grapes

3



**Looks Like:**  
Corn on the cob

4



**Looks Like:**  
Sausage

5



**Looks Like:**  
Chicken Nuggets

6



**Looks Like:**  
Porridge

7



**Looks Like:**  
Gravy

Your child should pass soft stools - **Type 4** on the chart - at least four times a week.

If they are passing fewer poos than this, and/or harder poos, they might be constipated...

Leaking runny poo (**Type 7**) can also mean constipation...

...check out the ERIC website or read this leaflet for more information...

**ERIC's Guide to  
Children's  
Bowel Problems**



If you're worried see your GP - your child may need some medicine to help them poo. The sooner the better - don't let it become a long term problem. Some nurses can prescribe medicines too.

Talk to your School Health Nurse for advice.

Or you can phone the ERIC Helpline on **0845 370 8008** - it's currently open every Monday and Wednesday 9.30am - 4.30pm - OR send an email to **[helpline@eric.org.uk](mailto:helpline@eric.org.uk)**