

Talking about Constipation



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This book has been designed to help young children understand about constipation and soiling (having poo accidents in their pants).

It explains why it happens and what can help things get better.

It is important to remember that if a child is soiling they may have been constipated for many months without anyone knowing.

This problem can be helped. Treatment often takes a while to work. It should be continued for a long time (often more than 12 months) to stop it happening again.



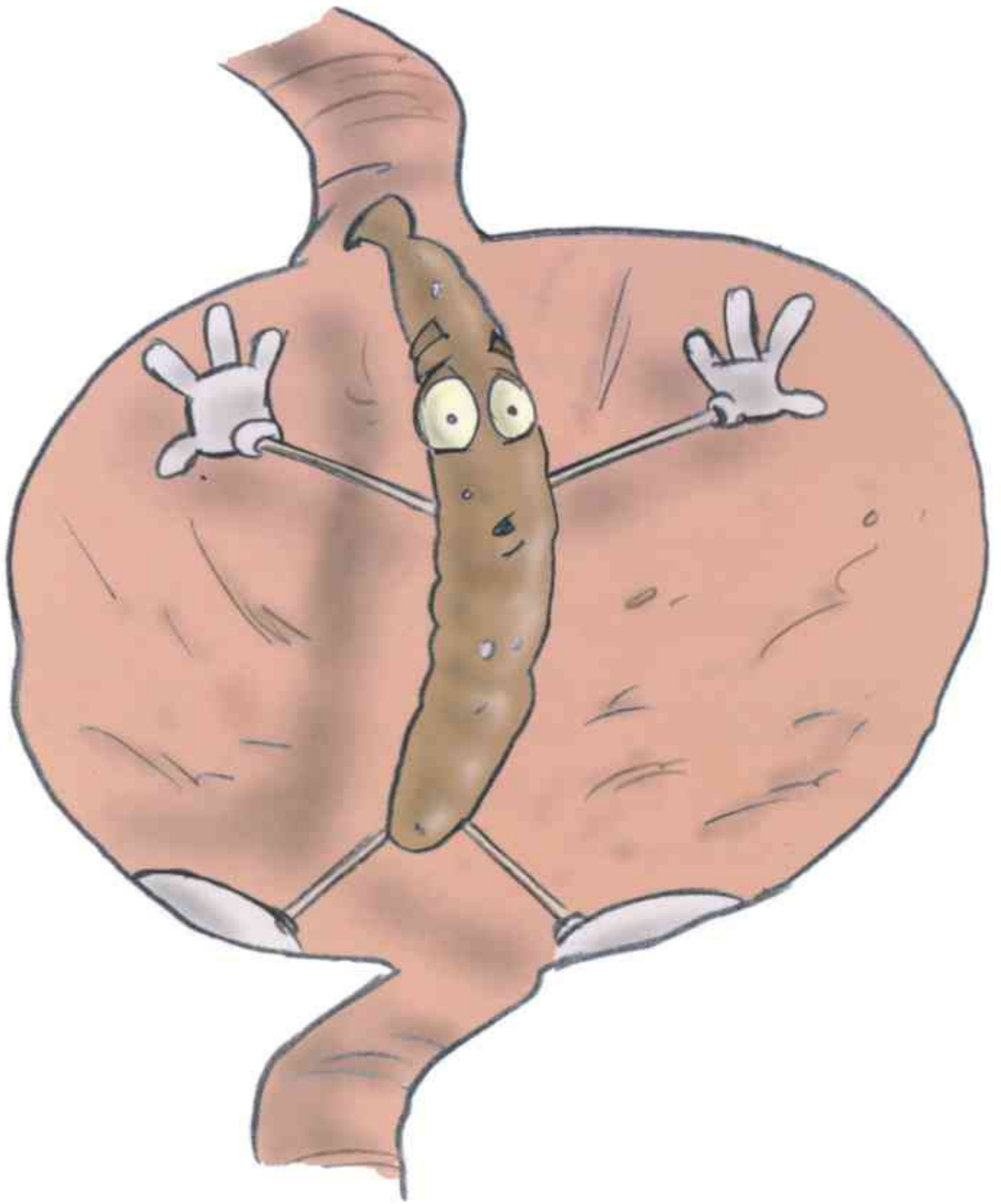
It is important to **talk** about the problem of **constipation** and **soiling**.

Do not keep it a **secret**.

Where does poo come from?

Everybody needs to poo and wee. All your friends, your mum and dad and even famous footballers and pop stars!

When we eat there is always some part of the food that our body doesn't need. Our body gets rid of this part of the food. That is our poo!



Poo sometimes gets 'stuck' in your bottom.

What is constipation?

Constipation means that you are not doing enough poos (we need to do at least 3 poos per week), or that your poo has become hard which can make it difficult to come out.

How does constipation happen?

Sometimes we don't always know why it happens, but we do know what things make poo hard:

- Not eating enough fruit and vegetables;
- Not drinking enough;
- Not sitting on the toilet for long enough;
- Putting off going to the toilet when we need to poo.



Try to do a poo every day.

How can I stop the soiling?

We need to get rid of the poo that is sitting in your bottom as that is causing all the problems!

You can help this:

- Make sure you sit on the toilet regularly, try to do a poo everyday;
- Sit on the toilet for about 5-10 minutes and try and 'push' the poo out (after a main meal is best);
- Don't hold on if you feel you need to poo!
- Have 6-8 water-based drinks per day;
- Eat more fruit and vegetables;
- Have lots of exercise;
- Take medicine called 'laxatives'.



Constipation means that it is difficult for your **poo** to come out!

Why does the poo come out by itself into my pants?

When you get constipated the poo sits in your bottom instead of coming out into the toilet. This poo gets bigger and harder and eventually 'wedges' open the top bit of your bottom. This normally acts as a 'special door' which keeps all your poo inside until you sit on the toilet!

There is a bendy bit at the end of your bowel which also helps to keep the poo inside. When you are constipated, the poo sitting in your bottom keeps this bendy bit of your bowel straight so that the squidgy poo higher up can squeeze past into your pants ('sneaky' poo!).

This happens without you doing anything - so it is not your fault!



There are lots of things you can do to help things get better!

What else can I do to help?

Decide which is the best time to sit on the toilet everyday to try and do a poo. After a main meal is best.

Keep a note of when you do a poo on the toilet so you can tell the person helping you to get better.

Work out with your mum (or whoever is looking after you) what you need to do with any pants that have 'sneaky poo' in them.



Poo wants to get to the toilet!

This is the name of the person that can help you get better:

Name

Contact number

Further information

PromoCon

Disabled Living
Redbank House
St Chad's Street
Manchester M8 8QA

Tel: 0161 834 2001

Email: promocon@disabledliving.co.uk

Website: www.promocon.co.uk

PromoCon, working under the umbrella of Disabled Living, Manchester, provides impartial advice and information regarding products and services for children and adults with bowel and/or bladder problems.

Website: www.childhoodconstipation.com

ERIC (Education and Resource for Improving Childhood Continence)

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Kingswood
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This booklet is part of a series for children with bowel and/or bladder problems.

The booklets give a simple explanation of the problems the child is having. They give practical advice about how to help.

Other booklets currently available in this series:

'Talk about going to the toilet'

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