



eric

The Children's Bowel & Bladder Charity

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.
- Read **ERIC's Guide to Potty Training...**
- Call ERIC's free helpline on **0808 169 9949** or visit the website [www.eric.org.uk/helpline](http://www.eric.org.uk/helpline)
- Some children have additional needs and will need extra time and effort with toilet training. Read **ERIC's Guide for Children with Additional Needs** for advice on what to do.



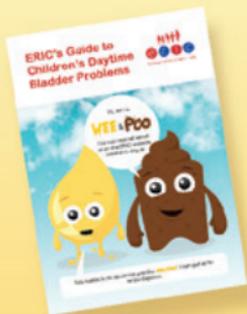
Remember, all children need help to make sure they have a...

# 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.

# What should your child drink?



- Choose a suitable cup for their size - about 150-175ml 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.

Look at the bedding protection in the **ERIC online shop**

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



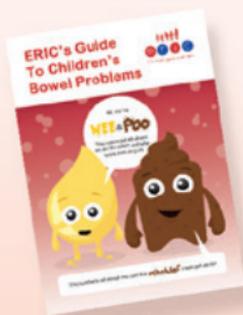
**Looks Like:**  
**Gravy**

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 poos (**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 call ERIC's free Helpline on **0808 169 9949** or visit the website **[www.eric.org.uk/helpline](http://www.eric.org.uk/helpline)**

# Wee and Poo Problems at School

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

Information about toileting/changing can be found at **Help at School** on the ERIC website

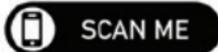
Information and support on bedwetting, daytime wetting, constipation, soiling and potty training call ERIC's helpline on **0808 169 9949**

Website: **[www.eric.org.uk](http://www.eric.org.uk)**

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