

CHILDREN'S GUIDE TO WITH-HOLDING . . .



Please ask an adult to help you on any tricky bits you don't understand in this booklet

Let's Talk About Why You Don't Want to Poo...

Is it scary to poo?

Are you too busy doing something to go and have a poo?

Do you hate sitting on the toilet or potty?

Do you try to stop your poo from coming out?

Do you tell the adults who care for you that you don't need a poo - when secretly you do?

Do you like a special place in your home where you would rather poo?

Nurses call this 'With-Holding.' It basically means when you hold onto your poo.

Why Do Children Try To Stop Their Poo Coming Out?

Some children have had something that has scared them whilst they have been trying to have a poo. Maybe you have been poorly and had to go to the toilet a lot, maybe your bathroom at home is cold and dark, maybe you have had a painful poo or maybe you don't know the reason... You just don't want to poo.



So, Why Is It SO Important To Poo?

Poo is the waste product from our food that our body does not need. It is like the bin you have in your kitchen. You eat all the yummy food and then put what you don't need into the bin (this is the same as your poo).

If you had a smelly bin in your house, the adults that care for you wouldn't leave it for days, they would take the bin out for the bin man to collect. You going to the toilet is the same as emptying a smelly bin.



What Will Happen If I Keep Stopping My Poo From Coming Out?

If you keep stopping your poo from coming out, the poo might begin to get stuck. Then... when you do try to push a poo out, it is stuck and cannot come out.

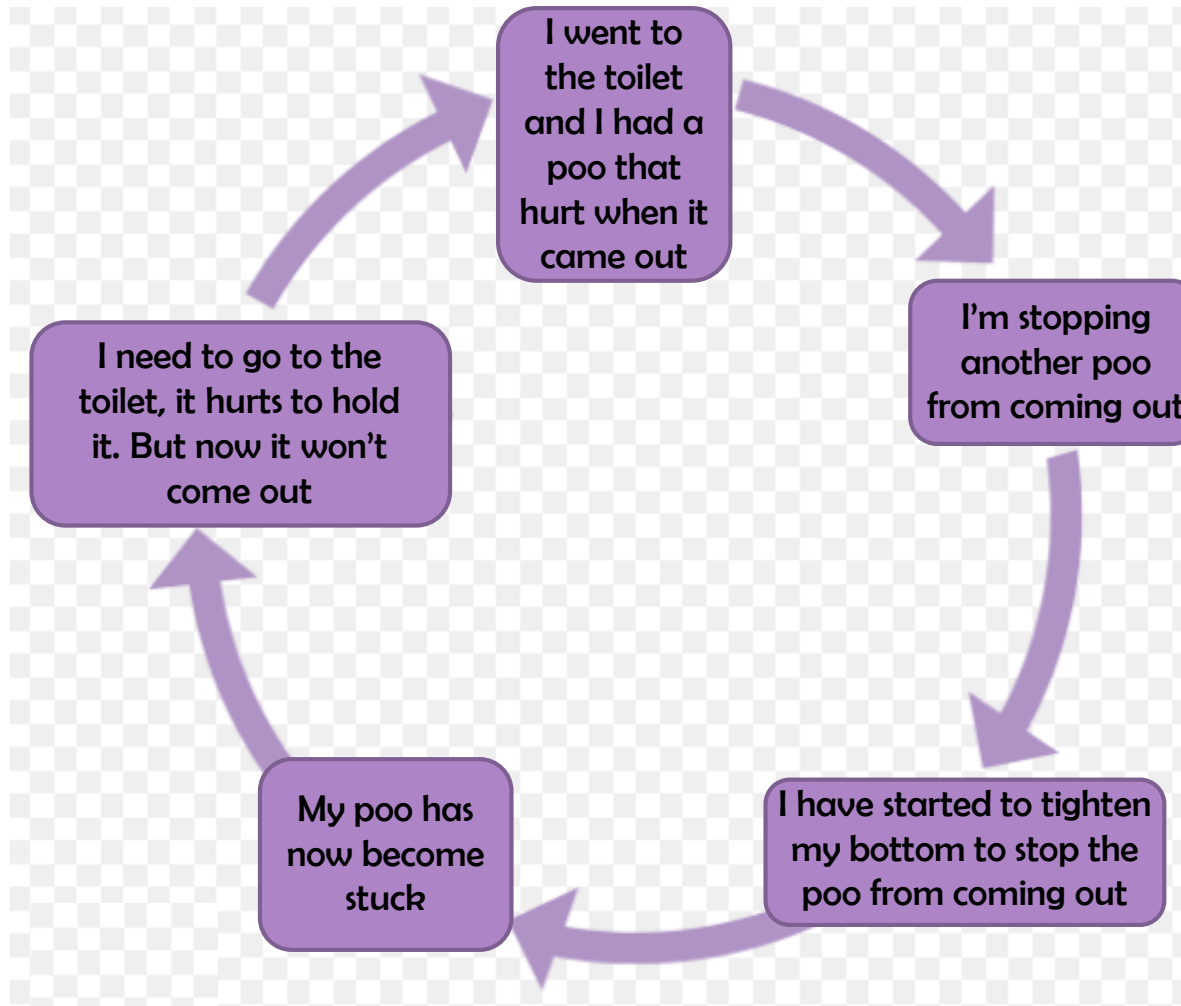
Stopping your
poo from
coming out



**CAN
CAUSE**



Your poo to
refuse coming
out!



If you know the reason you are stopping your poo from coming out, speak to the adult that cares for you.

They will be able to fix anything that is bothering you, and then going to the toilet won't be as scary.