

# CHILDREN'S GUIDE TO CONSTIPATION ...



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

## Let's Talk About Poo...

Do you have a sore tummy?



Does pooing feel sore?



Are you pooing less than usual?



Is your poo hard or lumpy?



Is your poo runny?



It could be constipation. Tell someone you trust.

# What Is Constipation?

Constipation is when you find it hard to poo or you poo less often than usual. If you are constipated, you need to get help to make sure you do not get poorly.



## What Should I Do if I think I have Constipation?

If you have any of the signs, tell someone that you trust. This could be someone in your family, a carer or a friend. They will arrange for you to get the help that you need.



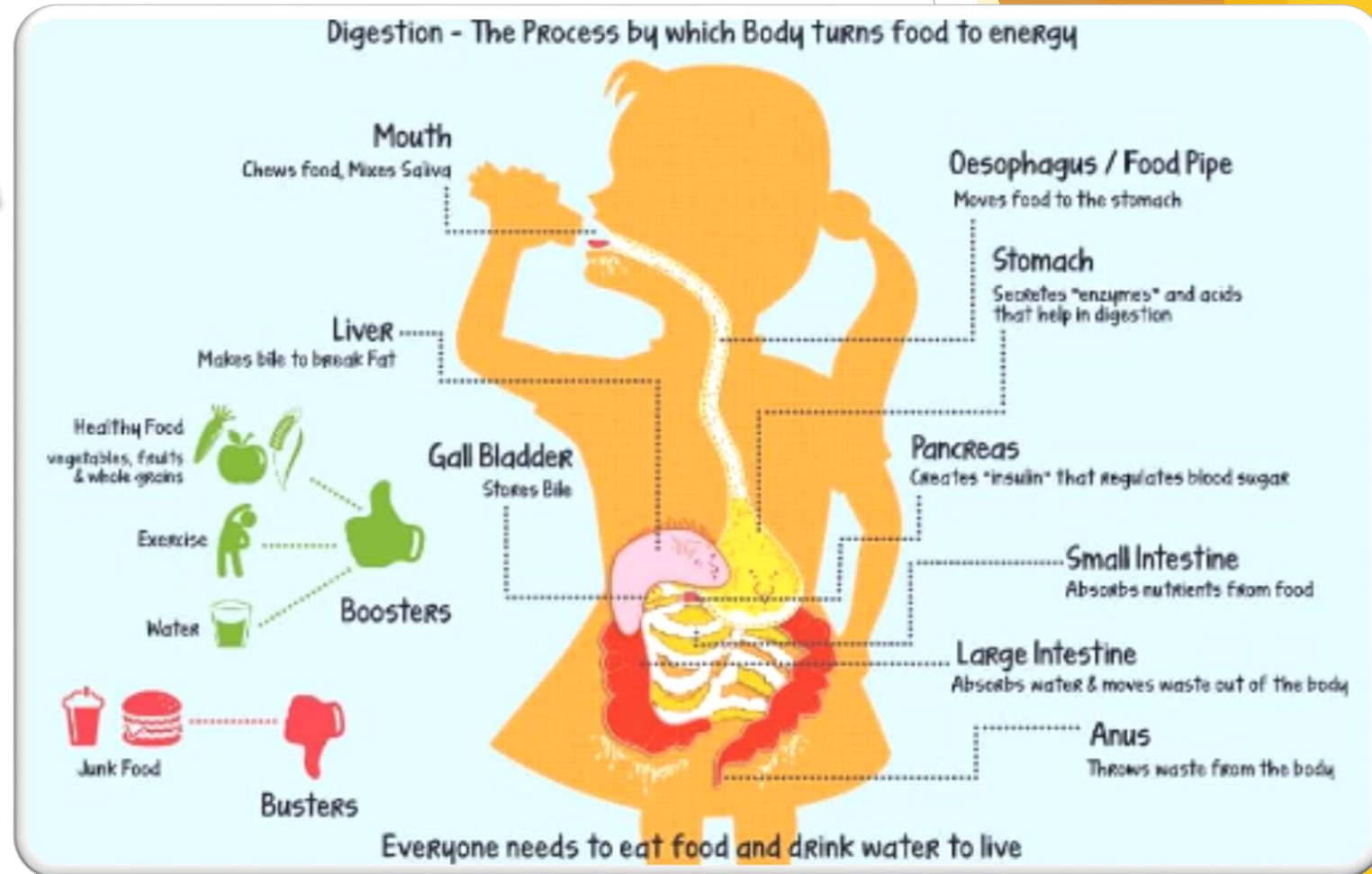
# Where Does Poo Come From?

Everybody needs to poo and wee.  
Every animal in the whole world  
needs to POO !

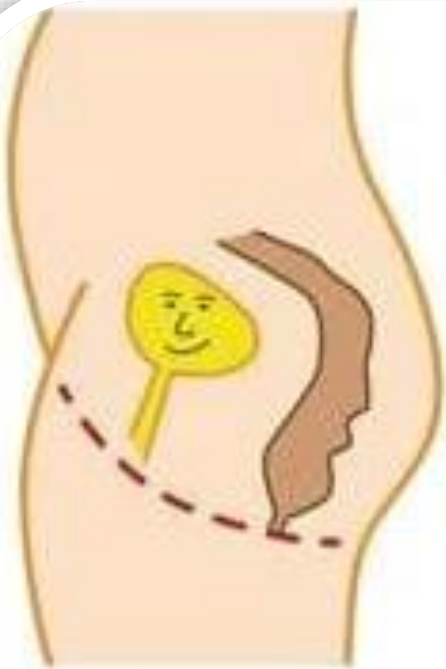
When we eat, there is ALWAYS some part of the  
food that our body doesn't need. Our body gets rid  
of this part of the food. This is our POO !



Everybody  
Poos



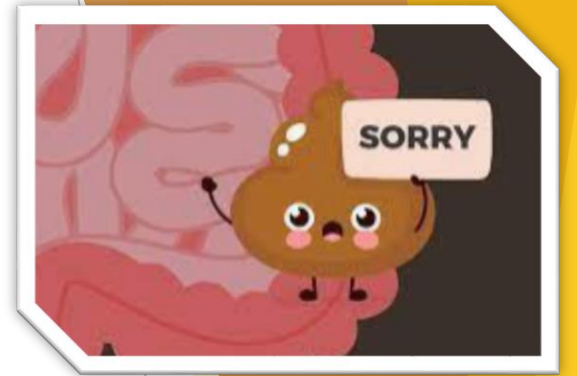
# Sometimes Poo Gets Stuck



Normal



Constipated



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

Sometimes we don't 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
- Trying to not poo because you think it may hurt
- Putting off going to the toilet when you need to poo.



# What Things Can Help Me When I Am Constipated?

Drinking lots of water everyday



Making sure you do a poo in the toilet when you need to



Doing something active everyday, such as walking or dancing



Eating some fruit, vegetables, brown bread or cereal everyday



# How Can I Stop my “Accidents?”

We need to get rid of the poo that is sitting in your bottom, as that is causing all of the problems and accidents you are having.

You can help this by:

- Making sure you sit on the toilet regularly. Try to do a poo everyday.
- Sit on the toilet for about 5-10 minutes and try to ‘push’ the poo out (after a meal is best)
- DON’T stop your poo if it feels it wants to come out
- Making sure you are taking any medications you have been given to help get your poo out

5/10 Minutes



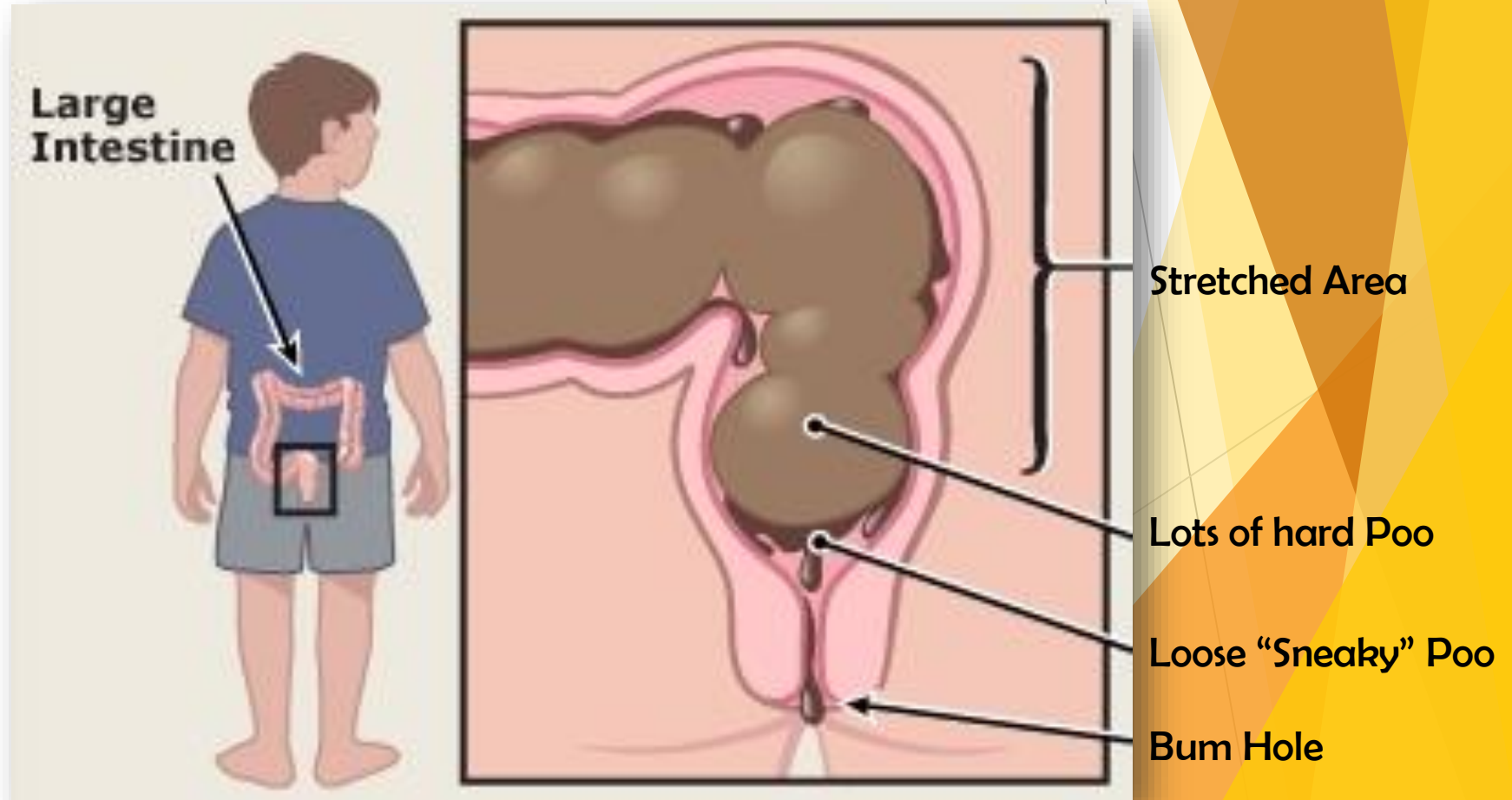


# Why Does the Poo Come Out by Itself into My Underwear?

When you get constipated, the poo sits in your bottom instead of coming out into the toilet. The poo gets bigger and harder until eventually it '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 straight so that the squidgy poo higher up can squeeze past into your pants. We call this "sneaky POO"

This happens without you doing anything – so it is NOT your fault !



# How We Help Your Constipation

You are now a child under the Childhood Constipation Team. That means that we want you to feel better very soon. You might have been started on medication that is put in your drinks, or from a spoon, or from a syringe.

This medication is very important because it is going to help your tummy aches.

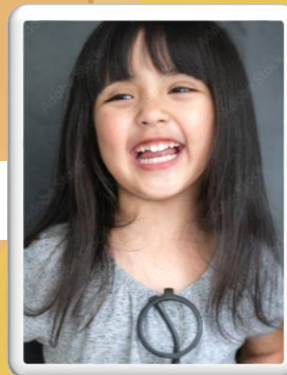
At the moment, your tummy hurts and you feel poorly because your bowel is full up of poo, that can't come out.

The medicine we have given you will make all of this poo soft and squidgy, so that it can come out of your bottom.

Once it has all come out of your bottom, you will still need to make sure you have your medication every day so that your tummy ache doesn't come back again.



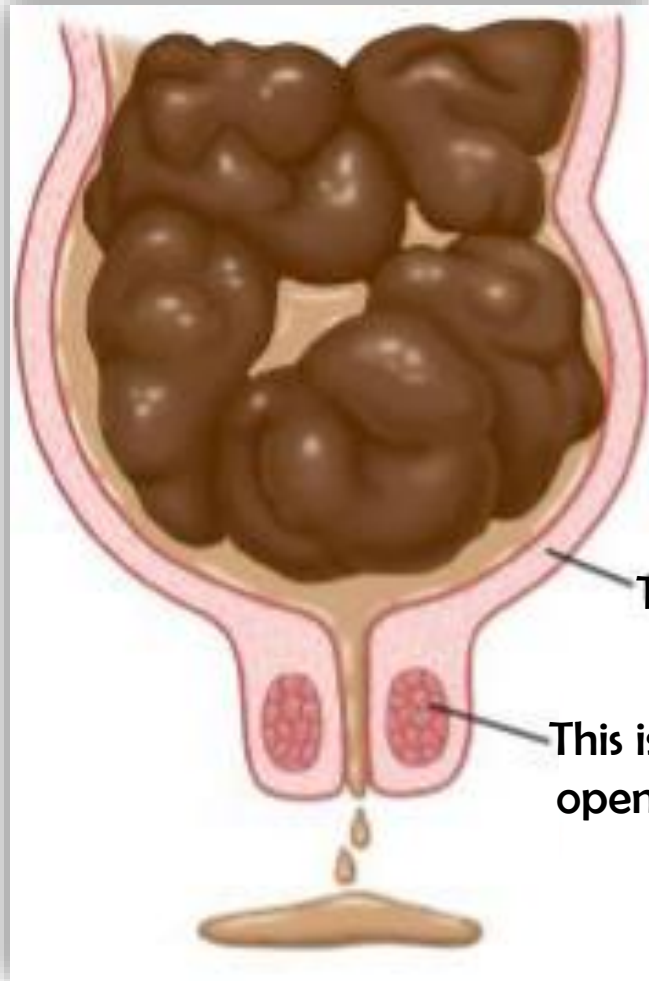
Your medicine may look like one of these





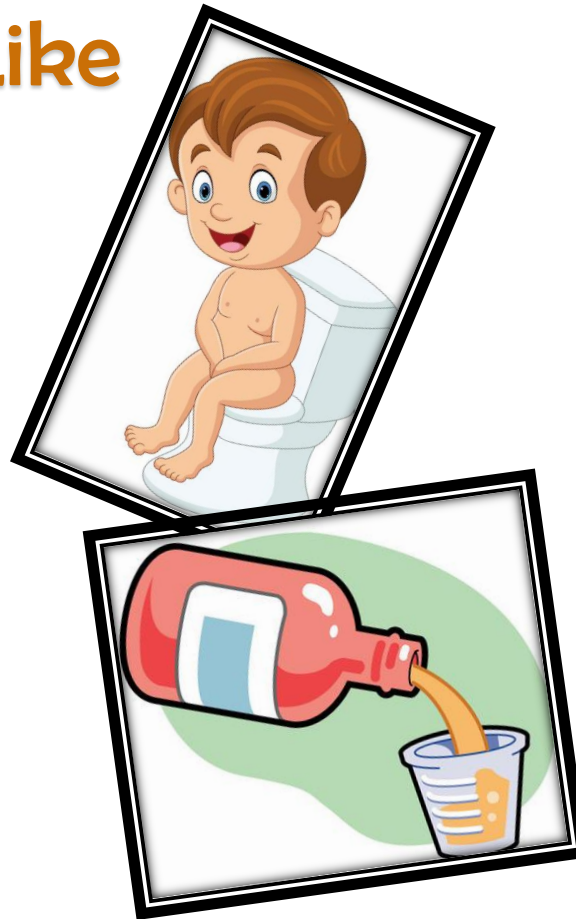
# What Your Bottom Looks Like

This is what your bowels (the organ that holds your poo) looks like now. This is what is making your tummy sad.

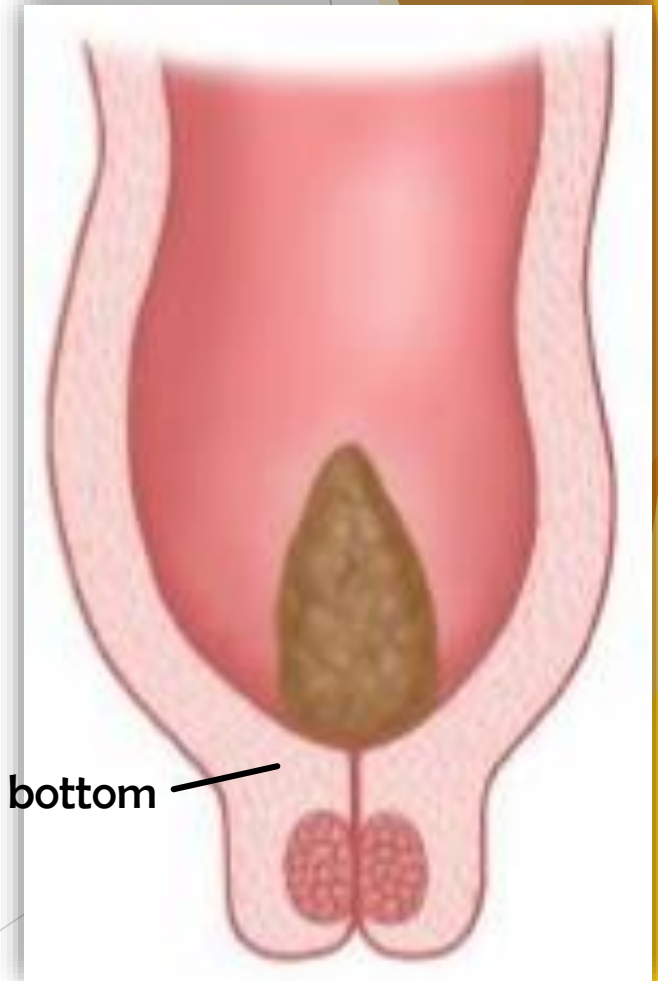


This is your bum hole

This is the muscle that opens and shuts your bum hole



With lots of toilet sitting, medicine and making your poo come out, this will soon be what your bowels will look like !



This is a normal bottom

# Visual Task Cards to Help

If you prefer to show an adult how you are feeling rather than talk, you could use some of these picture cards to explain how you feel, or to help you to go to the toilet.



All you have to do is follow each picture, or use them to point out what you need to do