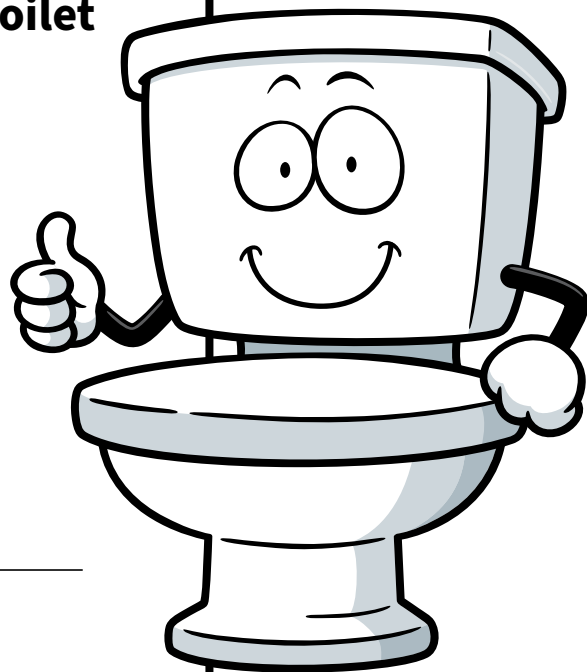


Toilet training – learning to poo in the toilet

- Eating gets the bowel pushing poo out, so 20 minutes after meals is a good time to try. Sit on the toilet and have a go, remember to celebrate trying, even if there isn't a result.
- If poo is sneaking out into underwear, if it hurts to do a poo, if the poo is lumpy and hard, or if poos happen fewer than three times in a week, visit the medical practice and ask for an assessment for constipation.



Need more help?

_____ the Health Nurse for _____
school would love to hear from you!

P. _____

E. _____