

HELP! HELP! HELP!

Tell a grown up:



If you dirty your pants.



If it hurts you to poo.



If your poo is hard or looks like little pebbles, rocks or stones.



If your poo is runny.



If there is no toilet paper in the toilet.



Always wash your hands after going to the toilet.

Where can help be found?

Continence Advisory Service (WA Branch)

Phone: (08) 9386 9777

Country Callers: 1800 814 925

Your local Doctor

Recommended Fluid Intake

5-8 years 1000mls (4 cups)

9-12 years 1500mls (6-8 cups)

13 years-adults 2000mls (8+ cups)

Recommended Daily Fruit and Vegetable Intake

4-11 years

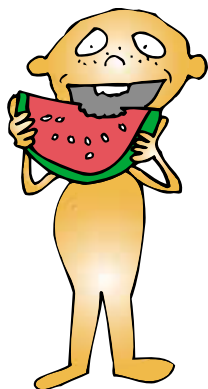
2 serves of fruit (1 serve = 1 average size piece)

5 serves of vegetables (1 serve = 1/2 cup cooked, 1 cup raw)

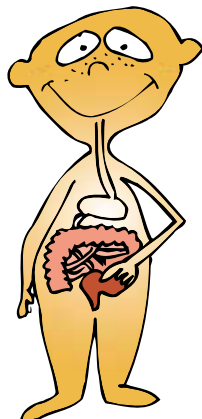
Good Bowel (Poo) Habits for Kids



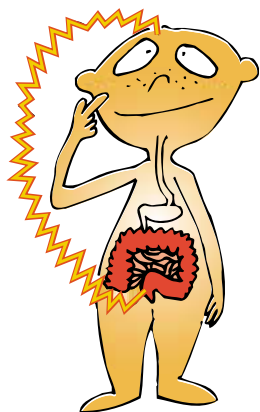
What Does My Bowel Do?



Your body uses food to grow big and strong and what is not needed comes out as poo..



Your bowels make faeces (poo or goona).



When it is time to do a poo, the bowel tells the brain.

When you are sitting on the toilet, the poo comes out.



Most kids poo once a day.

PLEASE, look after your bowel or it may learn bad habits.

Bad bowel habits can make you dirty your pants.

How Can I Look After My Bowel?



Number 1:

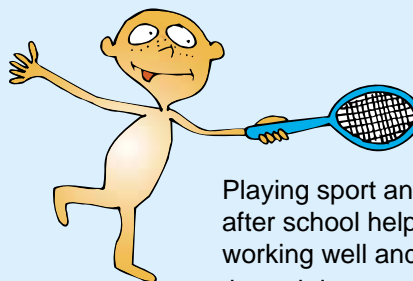
Eat lots of yummy food like fruit, vegetables and cereals (like Weetbix® or Vitabrits®) every day.

and

Drink 6 to 8 big drinks a day.

Water is best.

Cordial, juice and fizzy drinks are bad for your teeth.



Playing sport and running around after school helps keep your bowel working well and the poo moving through it.



Number 2:

When your bowel tells your brain to go to the toilet, **STOP** what you are doing and go.

Don't hold on too long

1. If you need to do a poo, sit on the toilet.
2. When you think you have finished, wait a little longer and see if you can do some more.
3. Always wipe your bottom from the front to the back and wipe until all the poo is gone.



Number 3:

Try not to get constipated – this is when your "poo" is too hard or you have to push to get it out.