

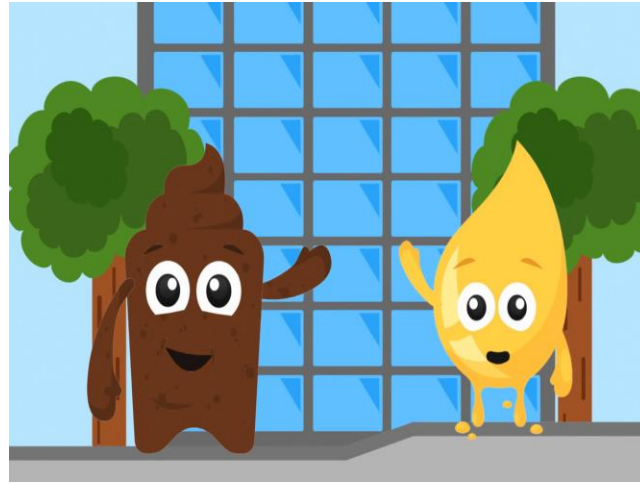
# Healthy Bowels and Bladders for children with additional needs



The Children's Bowel & Bladder Charity



# About ERIC:



The Children's Bowel & Bladder Charity



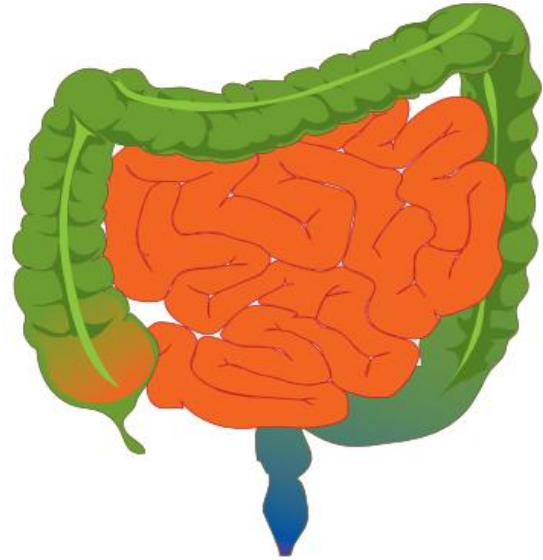
# What will we cover?

- How we poo & what to do when things go wrong
- How we wee & what to do when things go wrong
- Sensory needs and toileting and support at school
- Further resources including for bedwetting



# How does our large bowel work?

- Conveyor belt for poo that absorbs water.
- Needs to be emptied daily



# When things go wrong





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# 6 steps to poos in the loo

1. 20/30 minutes after eating & before bed



# 6 steps to poos in the loo

1. 20/30 minutes after eating & before bed
2. Get in position





# 6 steps to poos in the loo

1. 20/30 minutes after eating & before bed
2. Get in position
3. Relax through play



# What can relax kids on the loo?



# 6 steps to poos in the loo

1. 20/30 minutes after eating & before bed
2. Get in position
3. Relax through play
4. Tummy massage



# 6 steps to poos in the loo

1. 20/30 minutes after eating & before bed
2. Get in position
3. Relax through play
4. Tummy massage
5. Rock back and forth (row your boat)



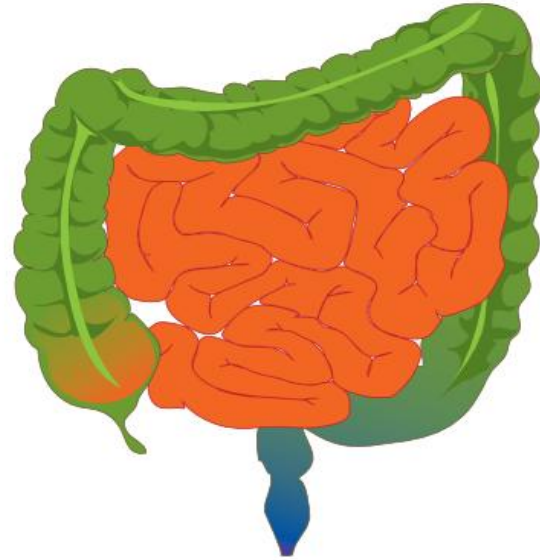
# 6 steps to poos in the loo

1. 20/30 minutes after eating & before bed
2. Get in position
3. Relax through play
4. Tummy massage
5. Rock back and forth (row your boat)
6. Blow/cough/sing/laughing



# How can we help the bowel behave?

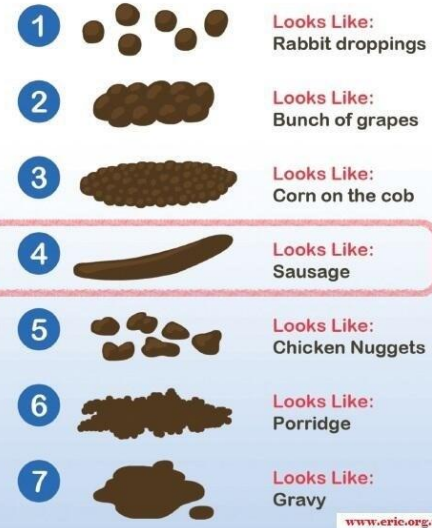
- Good fluid intake
- Include fruit and vegetables in diet
- Exercise and move around
- 6 steps to get all poos in the loo
- Learn about wees and poos with your child
- If needed – disimpact!



# The ideal pooing pattern...

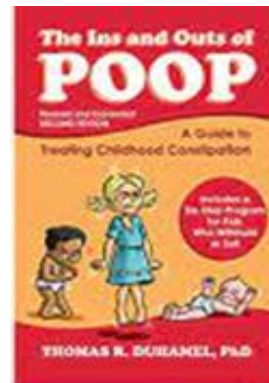
- 1-3 poos everyday or 1 poo every other day
- Soft poos that look formed & easy to pass
- Poos that look the right size for your child
- Use: [Poo Diary](#) or [Bowel and Bladder Assessment](#)

## What does healthy poo look like?



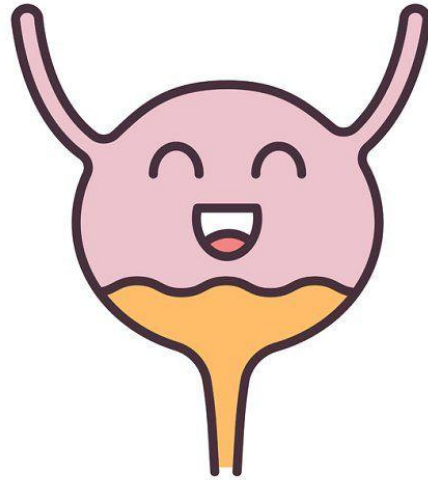
# Useful resources

- [Bowel problems and resources: guides, videos, podcasts](#) (including Sam's Story for kids)
- [ERIC's Guide to...](#)
- [How to prepare macrogol laxatives](#)
- [A Parent's Guide to Disimpaction](#)
- [Children who will only poo in a nappy and other toilet avoiders"](#)
- [How one school promotes poo](#) (Poo Story)
- [Potty Training video series](#)



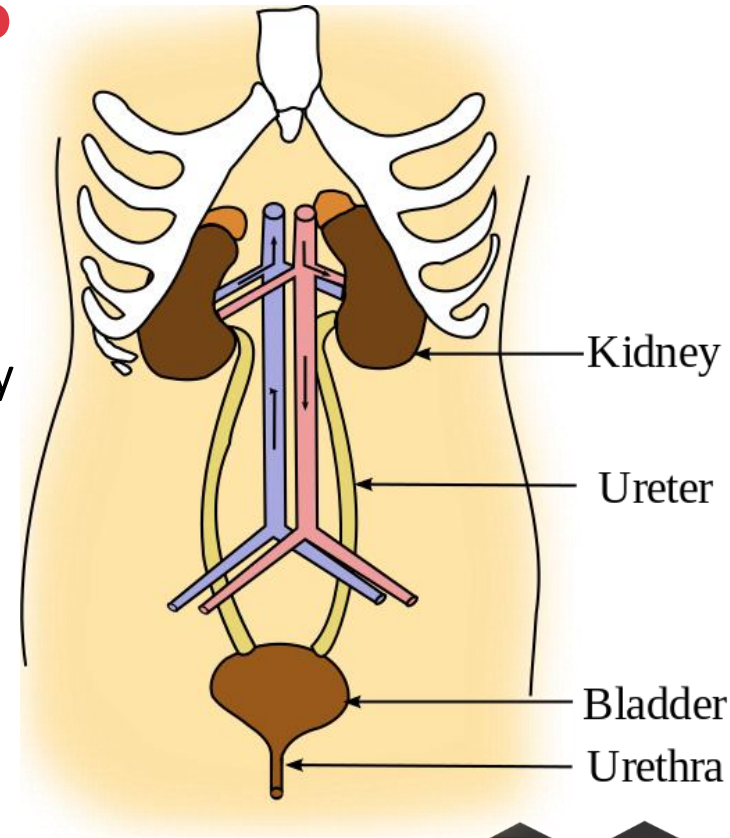


# Healthy Bladders



# How does the bladder work?

- Kidneys filter blood and take out waste products
- Ureters carry wee down
- Bladder stores the wee and uses stretchy-squeezy muscles
- Tap-like muscle at the bottom of bladder opens the Urethra which carries wee out of body and closes again.
- Daytime Bladder Flowchart



# Bladder Control and toilet training

- Relaxed position
- Relaxed environment
- Toilet seat and foot stool
- Encourage boys to sit down to wee



# Fluid Intake

- Fluid intake - How many drinks?
- What drinks?
- Full bladder signal – don't ignore it!
- Avoid keeping bladder waiting to be emptied
- Ask school settings to remind children to drink
- Drinking reward chart



## WEE CHECKER Hydration chart



1	<b>GOOD</b> Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!
2	<b>GOOD</b> Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!
3	<b>FAIR</b> Watch out! You could do with drinking a bit more please.
4	<b>DEHYDRATED</b> You really need to have a drink soon!
5	<b>DEHYDRATED</b> You really need to have a drink soon!
6	<b>VERY DEHYDRATED</b> Ouch! Your bladder and kidneys are getting worried! Have a big drink as soon as you can!
7	<b>SEVERELY DEHYDRATED</b> Thirsty? You should be – you're way overdue several big drinks. Get drinking as soon as you can – your bladder and kidneys are <b>NOT HAPPY!!</b>

### SO HOW MUCH SHOULD YOU DRINK?

6 - 8 cups every day, more when it's hot, or if you're exercising.

#### Remember to spread the drinks out!

Bladder muscles like to keep fit by stretching and squeezing throughout the day.



### HOW BIG SHOULD THE CUP BE?

A sensible size for your age would be:

- >> 2 year old – 120 / 150mls
- >> 5 year old – 175mls
- >> 7 year old – 200mls
- >> 11 year old – 250mls

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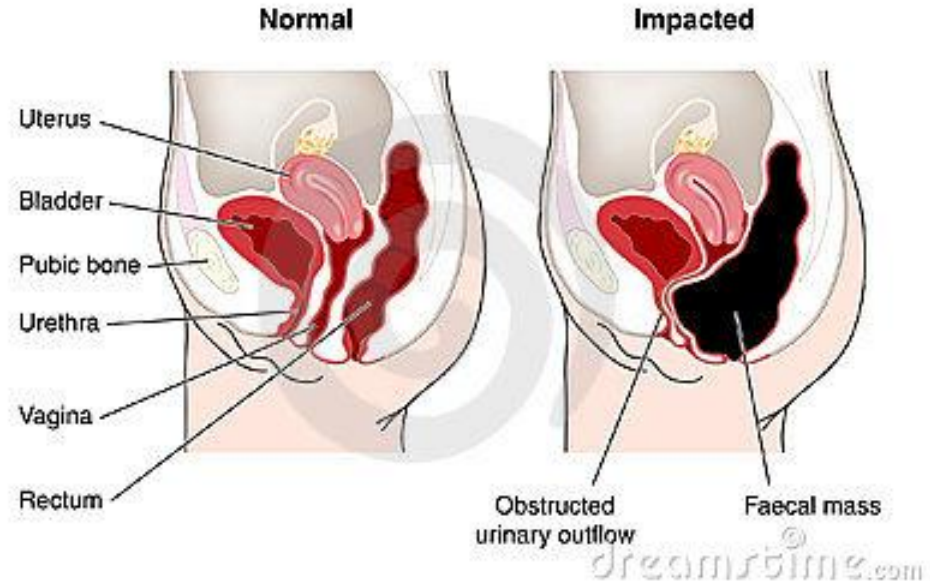


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# Key things for healthy bladders:

- Make sure the child isn't constipated
- Make sure there is no UTI
- Get the drinking right
- Relaxed voiding (weeing)
- Help with prompts if child is distracted (vibrating watch)



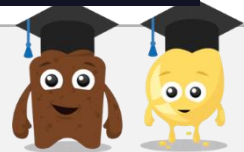
# Daytime wetting issues – what to look for?

- Children should wee between 4 and 7 times a day and at 2/2.5 hourly intervals
- It's common to have wetting accidents after potty training
- There's often a behavioural element to wetting accidents: change in routine or engrossed in play for example
- (Some children have frequency and urgency: wetting more than 8 times a day, rushing to the toilet - accidents over 5 years should be checked out by a GP)



# Useful resources:

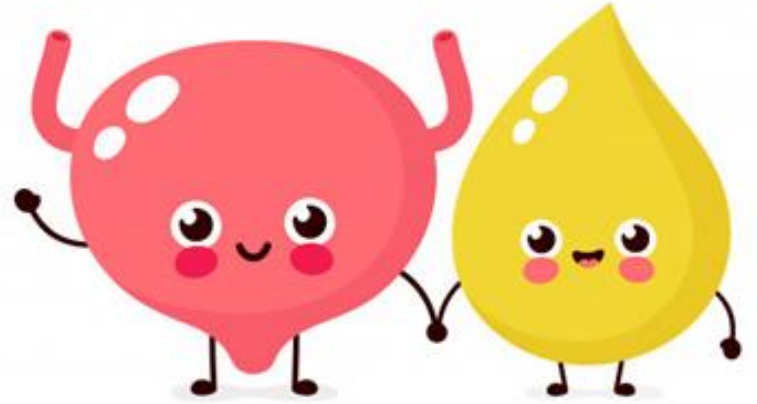
- [Poo & Wee section](#) aimed at kids on eric.org.uk
- [Daytime wetting](#) pages
- ERIC'S Downloadable Guide to [Children's Daytime Bladder Problems](#)
- [Drinking Reward Chart](#)
- [Podcast](#) on daytime wetting
- ERIC'S [Shop](#) and products





# Bedwetting

<https://youtu.be/2lIHtvYno9g>



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# Sensory/additional needs & toileting

- Look at sensory needs in the bathroom –  
ERIC'S [Sensory Needs Factsheet](#)



# Moving from the nappy to the loo

- Consider: are they constipated?
- Gentle experiments
- Learn to sit on the toilet
- Build confidence in what they can already do
- Link it to activities they enjoy
- Break it all down into small steps



# Thank you!

**ERIC Helpline:** 0808 169 9949 **Mon - Thurs**  
**10.00am – 2.00pm** / [request an email or call back](#)

- Chat with other families on our [HealthUnlocked message boards](#)
- We rely on donations to keep our Helpline running. Can you help us support families whose children have bowel and bladder problems? [Click here to donate](#)



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