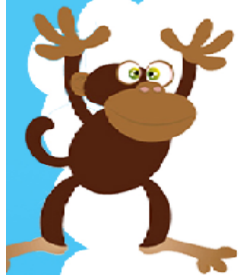




Potty Training Problems



If your toddler is reluctant to get out of nappies, there could be several reasons. They might be slow to train because he's racing around so much that he doesn't have time to sit. Try encouraging boys to wee while you hold the potty.



Potty training can become a battleground between toddlers and parents, and as a symptom of deeper behavioural problems. If your child is over five and still wet during the day or night you can see a specialist clinic (ask your GP to refer you).



Constipation

Constipation is a change from the normal bowel habit which causes discomfort, or pain as stools may be harder in consistency. Some children with long-term constipation may have problems with soiling.

Constipation can be associated with one or more factors including:

- Ignoring the signal to empty the bowel
- Low fluid intake
- Low fibre diet
- Psychological influence, e.g. Concern about using school toilets, relationship problems etc...
- Fear of passing painful stools
- Fear of potty or toilet
- Family bowel habits





Signs and Symptoms of Childhood Constipation

Children may have one or a combination of the following symptoms:

- Poor appetite
- Lack of energy
- Irregular bowel activity
- Occasionally passing very large stools
- Foul smelling wind/stools
- Hard or runny stools
- Straining to stop and start the passing of stools
- Bed or daytime wetting
- Mood changes/irritability

Treatment of Childhood Constipation

Having a healthy, regular bowel means that your child is more likely to have a normal, stress-free, happy life. To reduce the chance of constipation and to have a healthy bowel, your child should:

- Drink plenty of fluids, especially water
- Increase fibre in the diet
- Exercise regularly, e.g. Walk to school, swimming etc...
- Allow sufficient time for regular toileting
- Have access to clean and pleasant toilet facilities

If the constipation is left untreated it could lead to:

- Low mood / irritability
- Sore bottom
- Discomfort / pain
- Embarrassment / passing wind
- Headaches and tiredness
- Soiling or smearing of underclothes

If constipation continues over several months, the bowel may become stretched and muscles weakened. Children will therefore lose the normal urge to open their bowels.