

Media statement

28 August 2019

Free workshops for parents perplexed with their child's toilet difficulties

Are you pondering about your child's difficulties with poos? Help is at hand!

Sunshine Coast Hospital and Health Service (SCHHS) is holding free workshops for parents and carers of children (aged two years and over) who are experiencing difficulties with their bowel, including chronic constipation, withholding/refusal or soiling.

The next 'Pondering Poos' workshops will be held from **9.30am to 12.30pm** on:

- **7 September** at Currimundi State School, 17 Buderim Street, Currimundi

SCHHS Occupational Therapist Lauren Fitzpatrick said the workshop would provide information on normal bowel habits, causes of difficulties, medication, behavioural advice and dietary/fluid intake.

"It lets parents know what is normal, when they should be concerned, why the issues arise and what to do about it," she said.

"Our workshops are not just for parents with children having toilet training difficulties, we often meet older children who may be 9 or 10 and who are suffering from a wide range of bowel difficulties. We are here to help".

Laura Newman, a participant of a recent 'Pondering Poos' workshop whose four-year-old had difficulty going to the toilet said: "I'd heard about the workshop a while ago but was in a bit of denial that we even had a problem. My son was holding on to his poo and his appetite was affected and I was feeling very frustrated and a bit desperate.

"The two things I took away from the workshop was to decorate the toilet, and don't put pressure on the child. Those two things made such a difference! We attended the workshop on Wednesday, on Thursday we decorated the toilet, and to this day he has been pooing in the toilet every day," she said.

"The workshop made me realise how important a healthy diet high in fibre is, as well as drinking plenty of water. I'd definitely recommend the workshop, it was such a relief to realise we weren't alone and help was available."

If you would like to attend a workshop, contact Child Health Access on **5319 4824**. Bookings are essential.

ENDS

Sunshine Coast

Hospital and Health Service

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