

Media statement

30 January 2018

Free workshops for parents about toileting troubles (Poos)

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

Sunshine Coast Hospital and Health Service (SCHHS) is holding a free, three-hour 'Pondering Poos' workshop at Sunshine Beach on 7 February.

This session is for parents or carers of children aged two years and over with chronic constipation, poo withholding, toilet refusal for poos or soiling.

Occupational Therapist, Di Collis said the workshop brought parents who's children were experiencing similar challenges together.

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

"Advice is provided on issues including medications, establishing routines, ideas to gain a child's cooperation and the role of diet and exercise. Additionally, ongoing support and assessment options are shared.

"Recent research shows the workshops make a definite difference to children's quality of life and parenting confidence and enjoyment.

"This can be extremely frustrating for parents and confusing for their children and they do not need to struggle on their own. We are here to help parents as early as possible to prevent long term complications" Ms Collis said.

The next Pondering Poos workshop is on Wednesday, 7 February 2018 from 9:30am to 12:30pm at Sunshine Beach State School, David Low Way, Sunshine Beach.

To book a place at the workshop call Child Health Access on 5319 4824

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