Pondering Poos is a community-based information workshop for groups of parents and carers who have children aged two years and over with bowel difficulties including:

- chronic constipation
- withholding/refusal
- soiling.

The workshop provides information about:

- normal bowel habits
- causes of difficulties
- medication
- behavioral advice
- dietary/fluid intake.

Pondering Poos dates and times:

**Wednesday, 13th March 2019**
Palmwoods State School, 111 Palmwoods-Montville Road
9.30am to 12.30pm

**Wednesday, 12th June 2019**
Sunshine Beach State School, David Low Way
9.30am to 12.30pm

**Wednesday, 4th September 2019**
Currimundi State School, 17 Buderim Street
9.30am to 12.30pm

**Wednesday, 20th November 2019**
Mountain Creek State School, Lady Musgrave Drive
9.30am to 12.30pm

To book contact Child Health Access
5319 4824

NB: There is no child care available.