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, 5th February 2020
9.30am to 12.30pm

Wednesday, 29th April 2020
9.30am to 12.30pm

Wednesday, 22nd July 2020
9.30am to 12.30pm

Wednesday, 14th October 2020
9.30am to 12.30pm

ALL SESSIONS TO BE HELD AT –

Nambour Child & Family Health Centre,
5 Waterfall Rd, NAMBOUR

To book contact Child Health Access
5319 4824

NB: There is no child care available.