

Media statement

16 March 2017

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

Wondering about your child's difficulties with wees or pondering problems with poos? Help is at hand!

Sunshine Coast Hospital and Health Service (SCHHS) is holding free workshops for parents and carers of children who are experiencing difficulties with their bowel or bladder.

The 'Wondering about Wees' workshop is for parents and carers of children (aged five years and over) with bladder difficulties including frequency, urgency, withholding, day wetting, nightwetting.

The next 'Wondering about Wees' workshop is on Thursday, 23 March 2017 from 9.30am to 12.30pm at the Mountain Creek State School, Lady Musgrave Drive, Mountain Creek.

Occupational Therapist Dianne Collis it would provide information on normal bladder habits, diaries, scheduling/routines, bedwetting alarms, dietary/fluid intake, medication advice and behavioural advice.

"Parents and carers don't have to do this alone," Ms Collis said.

"We are here to help and I encourage anyone whose child is having bowel or bladder problems to come along to one of the workshops," Ms Collis said.

The 'Pondering Poos' workshop is for parents and carers of children (aged two years and over) with bowel difficulties including chronic constipation, withholding/refusal or soiling.

It will provide information on normal bowel habits, causes of difficulties, medication, behavioural advice and dietary/fluid intake.

Bookings are essential, by contacting Child Health Access on 5319 4824.

ENDS

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