

Media statement

19 November 2019

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

Are you perplexed by your child's difficulties with poos? Help is at hand!

Sunshine Coast Hospital and Health Service (SCHHS) is holding the Pondering Poos Workshop, a free workshop 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.

This workshop helps parents understand what is normal, when they should worry, how they can help their child and where to go for more advice and support. The workshop is not just for parents with children having toilet training difficulties, older children who may be 9 or 10 can suffer from a wide range of bowel and bladder difficulties. We are here to help. The workshops are also about bringing groups of parents together, because you are not alone!

The workshop will be held Wednesday 20 November 9.30am to 12:30pm at Mountain Creek State School, Lady Musgrave Drive

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 poeing 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."

Bookings are essential. No child care available.

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

ENDS

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