

## Parent Pack – Soiling

Soiling is often caused by constipation, as the poo stays in the bowel water is soaked up making it much harder to pass. Sometimes fresh poo leaks around the hard poo or pieces break away that appear as pellets of poo. This can often happen without children being aware.

Common signs of constipation include.

1. Runny poo or hard bits of poo appearing regularly in their pants.
2. Tummy pain.
3. Large, hard poos, or small poos like "rabbit droppings"
4. Pain when trying to poo
5. Less than 3 poos a week

Constipation can occur due to the child withholding their poo. Reasons for withholding may include.

1. Previously passing a painful poo.
2. Holding it for longer periods perhaps if they are engrossed in an activity.

Promoting a healthy bowel:

1. Encourage a well-balanced diet include fruit and vegetables and fibre.
2. Aim to stay well hydrated, drink 6-8 glasses of water per day.
3. Promote exercise and movement.

Encouraging a positive routine

1. Set up a regular toilet routine for your child – for example, they could sit on the toilet for 5 minutes after mealtime.
2. Engage in role play using their favourite toy allow the toy to use the toilet.
3. Encourage your child to go to the toilet as soon as they get the urge to during the day.
4. Be positive and encouraging – offer lots of praise.
5. Utilise toys and books when they are using the toilet to encourage them to sit for the duration planned.
6. Use bubbles (Did you know we use the same muscles for blowing as we do for pooing)
7. Seek advice from GP.

Useful resources:

[Soiling \(child pooing their pants\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)  
[www.eric.org.uk](http://www.eric.org.uk)

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