Get going!

Be regular

Try the rock 'n' pop routine

Learn to manage your bowels

It's your move
Be regular

Have regular meals
Eat 3 healthy meals a day
Don't forget the fruit and veg...

Have regular drinks
6 or more during the day
preferably water or water-based drinks

Have regular exercise
Walk and run and skip and jump
Play some sport in the open air

Have regular medication
Don't forget your medicine or tablets

Have a regular 5 minute
session on the toilet
every day
(15-20 minutes after meals is best)

Take Action
It's your move
Sit comfortably on the toilet with feet supported.

Try massaging your tummy from right to left.
rock 'n' pop

- Hold something soft in your left hand
- Rest it on your tummy on the left side
- Put your right hand over the top

rock 'n' pop
Rock forward
Rest
Rock back
Push out the poo or wind

Try this for 5-10 minutes
Get going

with

Regular meals
Regular drinks
Regular exercise
Regular medication
Regular poos

and

rock 'n' pop

Don't Forget
It's your move

ERIC

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