This book has been designed to help young children understand about constipation and soiling (having poo accidents in their pants).

It explains why it happens and what can help things get better.

It is important to remember that if a child is soiling they may have been constipated for many months without anyone knowing.

This problem can be helped. Treatment often takes a while to work. It should be continued for a long time (often more than 12 months) to stop it happening again.
It is important to talk about the problem of constipation and soiling.

Do not keep it a secret.
Where does poo come from?

Everybody needs to poo and wee. All your friends, your mum and dad and even famous footballers and pop stars!

When we eat there is always some part of the food that our body doesn’t need. Our body gets rid of this part of the food. That is our poo!
Poo sometimes gets ‘stuck’ in your bottom.
What is constipation?

Constipation means that you are not doing enough poos (we need to do at least 3 poos per week), or that your poo has become hard which can make it difficult to come out.

How does constipation happen?

Sometimes we don’t always know why it happens, but we do know what things make poo hard:
- Not eating enough fruit and vegetables;
- Not drinking enough;
- Not sitting on the toilet for long enough;
- Putting off going to the toilet when we need to poo.
Try to do a poo every day.