

THE 5 P'S OF THE PERFECT POO



By Gabi Forrester

POSITIONING

Sit your child on the toilet so the bottom dips into the bowl, their knees towards their chest and leaning slightly forward.



PRESSURE

Place their favourite teddy on their knees and ask them to give teddy a hug. This provides gentle pressure on their abdomen.



PLAY

Blow up balloons! This exerts the correct 'bearing- down' pressure. Count toes or ask an older child to paint their toenails.



PRAISE

Have a sticker ready or their favourite non-food reward so that if they manage to poo they can put it on their chart and see their progress.



POO!

Train the bowels to open after every meal by sitting on the toilet for 10 mins after each meal, whether they need to go or not.



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