

# Toileting

A photograph showing the lower legs and feet of a child standing on a dark, reflective surface. The child is wearing white pants with black horizontal stripes. The background is a bright, out-of-focus white wall.

0 to 19  
TORBAY  
for you

## Constipation / soiling

Constipation is the most common bowel problem seen in children. Untreated, this can lead to soiling.

A child should poo at least four times per week. The poo should look like a sausage or snake, and should be smooth and soft.

Hard or runny poo is not right - neither is pooping more than three times per day.

A child can be constipated at any age - even babies. The longer constipation is left untreated, the longer it takes to resolve.



## What to do

- ✓ Make sure the child is drinking plenty of fluid - at least 1 litre per day, if not more. See the guidance opposite.
- ✓ Encourage regular toilet visits. Make the toilet a nice place to be. Consider having a box of books, toys and games available to encourage the child to sit and relax.
- ✓ 20-30 minutes after each meal, sit on the toilet for 10-15 minutes.
- ✓ Give lots of praise. Reward the sitting and not the pooing, as this may not always be achievable.
- ✓ Encourage a healthy, balanced diet and plenty of exercise.



## Guidance

### Recommended Daily Fluid Intake for Children:

Age range (years)	Female intake	Male intake
4-8	1000 - 1400ml	1000 - 1400ml
9-13	1200 - 2100ml	1400 - 2300ml
14-18	1400 - 2500ml	2000 - 3200ml

Source: 'Constipation in children and young people: diagnosis and management' Clinical guideline [CG99] - May 2010 - National Institute for Health and Care Excellence (NICE).

For more information about toileting, visit [eric](https://eric.org.uk), The Children's Bowel & Bladder Charity [eric.org.uk](https://eric.org.uk)