

During the session we will take some details from you, following which you will be given regular telephone contact with the Childhood Constipation Nurse. This will help to ensure that we are able to get on top of your child's constipation, and manage it from there on.

\*Please note that you will ONLY be offered nurse led telephone contact once you have attended the session\*

Giving you the necessary information and a greater understanding of your child's poo problems will enable us to provide effective telephone support on an individual basis.

Sandra Hanson is the British Journal of Nursing's Bowel Care Nurse of the Year 2013, and she won the Nursing Times Award 2017 for 'Continence Promotion and Care'.

You know you're in good hands!

**We know that you might not feel the most comfortable attending a group clinic as they sound daunting, but here is what some other parents who have attended thought about it:**

"Understanding more about how the body works and the whole poo process has really helped me understand my son's problem"

"I left the session with some really useful tactics to make some small steps towards reaching our goal."

*"It was great to speak with other parents in the same situation and going through the same emotions"*

*"Over the past week, by using some of the methods we have already seen some improvement in our daughter"*

*"As parents we feel a lot more relaxed about the whole situation now that we have attended this session"*

*"I really believe that having attended this session, we will get through this quicker and I would encourage any parent in the same situation to attend."*

## Contact Us

For more information about the service, or to book onto an available clinic,

**Phone Number:**  
**01322 428473**

**Email:**  
**dgn-tr.dvh-childhoodconstipation@nhs.net**

You can find additional resources by visiting  
**[www.thepoonurses.uk](http://www.thepoonurses.uk)**.

This website was set up by the Childhood Constipation Team and includes brilliant advice and an excellent video explaining childhood constipation and the use of Macrogol Laxatives.

We look forward to seeing you at our next available session!



Dartford and Gravesham NHS Trust

## Nurse-Led Childhood Constipation Service

Sandra Hanson—Childhood Constipation Specialist Nurse



**Paediatric Specialist Nurses  
Children's Resource Centre  
Darent Valley Hospital  
Darent Wood Road  
Dartford DA2 8DA**

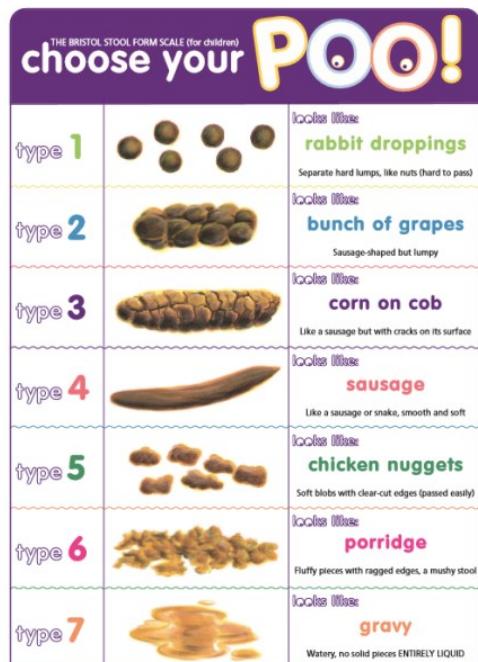
Tel: 01322 428473  
[www.dvh.nhs.uk](http://www.dvh.nhs.uk)

## Introduction

Constipation is a common childhood condition, but not many people take it seriously. We understand the impact that this has on not only your child, but on your family as a whole, and our service is here to help.

It is a common misconception that constipation in children can be easily managed with good diet, fluids and exercise alone. We know that this is not always the case and that there are many reasons that a child might not poo.

Constipation in children **can not** be treated in the same way as it is with an adult—adults can try their hardest to poo, whereas children will use with-holding behaviours to prevent themselves from doing a poo.



# How to tell if your child is constipated

## Signs:

- \* Less than 3 poos per week
  - \* Passing occasional enormous stools or frequent small pellets
  - \* With-holding or straining to stop passage of stools
  - \* Soiling or overflow—this can look like diarrhoea
  - \* Abdominal pain or discomfort
  - \* Bloated abdomen
  - \* Poor appetite and lack of energy
  - \* Excessive flatulence
  - \* Foul smelling wind and stools
  - \* Unhappy, angry or irritable mood

If you recognize any of these signs, your child may be suffering from Idiopathic Constipation (Constipation with no known cause).

## If they are, WE CAN HELP

**It might take time, but by working together we can ensure that your family life is no longer affected by your child's poo!**

## What We Can Do To Help

Our Nurse Led service provides help and support for parents/carers of children suffering from constipation, with the emphasis on education.

We want to empower and enable you as parents and carers to manage your child's condition yourselves.

The service offers parents/carers a three hour group clinic session which will provide you with information and resources to take away. All of this will help you to understand your child's condition and to enable you to feel more confident in managing this during their day-to-day life.

The session covers topics such as:

- \* Why your child has become constipated
  - \* How to treat a child who is impacted with poo
  - \* How macrogol laxatives work, how and when to use them and why they are important—including disimpaction (clearing out all the poo)
  - \* How to manage constipation with soiling
  - \* Behavioural problems such as with-holding or refusing to use the toilet
  - \* Children who will only poo in a nappy
  - \* Issues around school
  - \* How to prevent re-occurrence of constipation by ensuring your child has their daily poo