

Useful information

If you would like to contact the Paediatric Bladder and Bowel Care Service for specialist advice please ring:

Telephone number: 01925 946732

Monday to Friday: 8.00am – 4.00pm

Education and Resources for Improving Childhood Continence (E.R.I.C.) helpline:

Telephone number: 0845 370 8008

24 hours a day, seven days a week

www.eric.org.uk

PomoCon contact details: www.disabledliving.co.uk/promocon

Local Community Pharmacy - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

 www.twitter.com/Bridgewater_NHS

 www.facebook.com/BridgewaterNHS

Visit our website at: www.bridgewater.nhs.uk

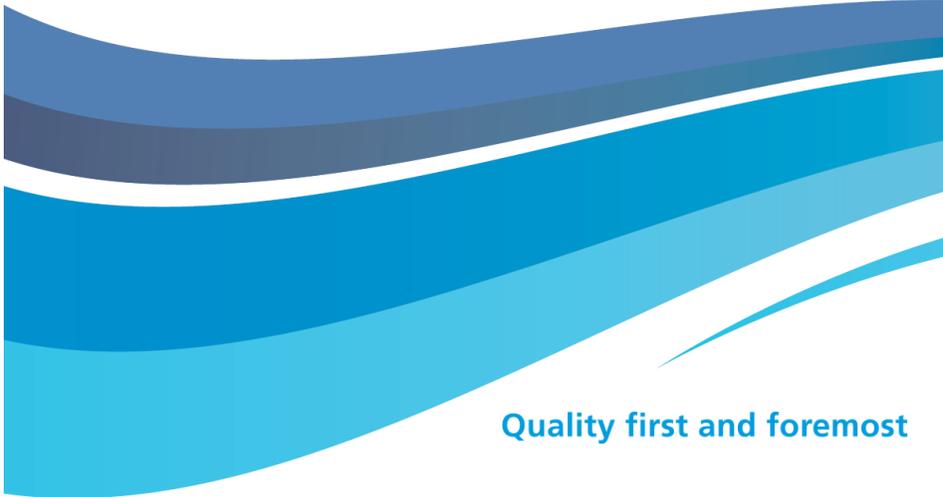
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reviewed by Bridgewater Lay Reader Panel



**Bridgewater
Community Healthcare**
NHS Foundation Trust

Warrington Paediatric Bladder and Bowel Care Service

Information and advice leaflet



Quality first and foremost

Welcome to the service

We are specialist nurses who are here to help and offer advice and information on the whole range of childhood continence issues.

The Continence team consists of two Paediatric Continence Advisors, a Paediatric Continence Nurse and a Nursery Nurse.

Childhood incontinence

Many children are affected by childhood incontinence which consists of wetting and/or soiling problems.

Parents often feel their child is the only one suffering with such problems as nobody talks about them.

You may have issues trying to potty train your toddler or you may have a child with daytime wetting, night-time wetting, constipation or soiling.

Referrals to the Paediatric Continence Service

The Paediatric Continence Service offers an open referral system.

You and your child will be sent an opt-in letter asking you to contact us to book an appointment with one of our advisors.

Children are seen at the Child Development Centre, at home or in their special needs schools.

The first step

Assessment of your child's continence needs consists of:

- Managements, treatments and education
- Advice and support
- Bowel and bladder management at home and in school
- Contact with other health professionals and educational staff.

Toilet / potty training advice

- The first stage is to remove your child's nappy / pull-up on waking in the morning.
- Sit your child on the potty / toilet first thing in the morning, after each meal and regularly throughout the day.
- Ensure aids such as child seats and footstools are available so that your child feels safe and secure.
- Be positive at all times and give praise to your child; ignore any accidents on the carpet and do not be negative.
- Reward charts such as sticker charts can be used to motivate your child.

Fluid advice

Please ensure that your child is drinking six to seven cups of fluid daily. Avoid darker fruit juices, fizzy drinks, hot chocolate, tea and coffee.

Please make sure a water bottle is taken into school daily. Please do not restrict fluids.