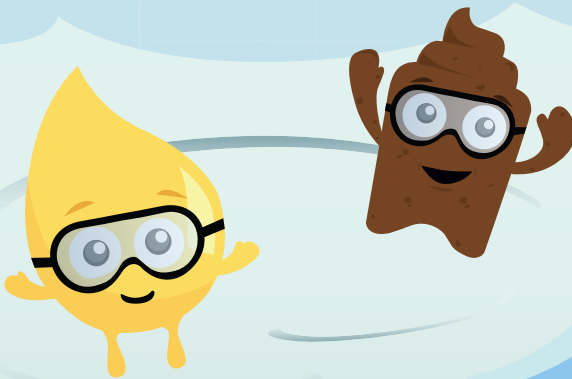


When  
IT'S TIME TO GO,  
IT'S TIME TO GO!

a WEE & POO adventure



Written by Alina Lynden and Sally Donaldson  
With illustrations by INK105

Alex needed the toilet after breakfast but was too busy to go. Now it's playtime and that tickly tummy feeling is back again. Meanwhile Wee and Poo are ready and waiting for their own playground adventure but Alex isn't listening...

*Why isn't a good idea to put off going to the toilet?*

*How can you help Wee and Poo to stay happy and healthy?*

This story book for children aged between 4 and 7 years explains what our bladder and bowel needs to work properly.

Discover what happens if the signal to go to the toilet isn't listened to and why having plenty to drink helps Wee and Poo on their journey through the body.



It's a lovely, sunny morning and Alex is having fun running around the playground with friends.



Suddenly, Alex stops.

There's that tummy tickle feeling again...

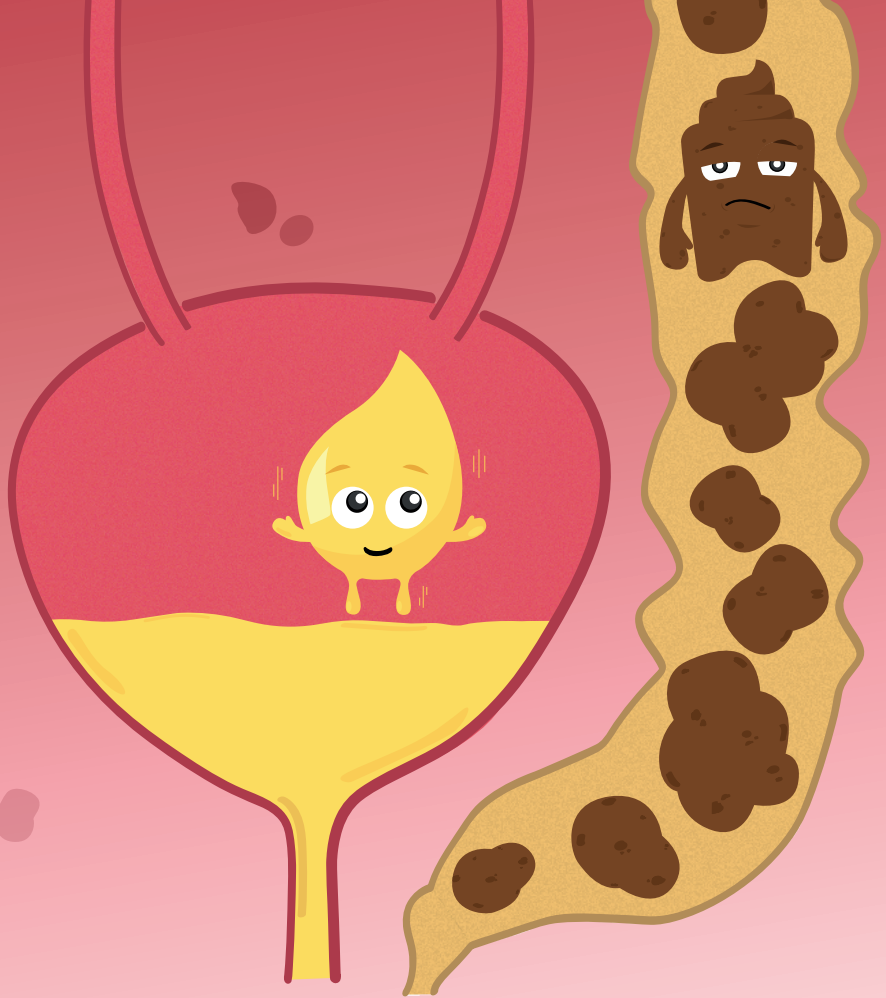
The tickle was there after breakfast but

Alex was busy and did not have time to go to the toilet.

"Come on Alex, let's play."

Alex forgets the tummy tickle and joins back in the game.





Inside Alex's tummy,  
Wee and Poo are ready for their own playground adventure.  
Wee is floating around in the bladder, bobbing up and down.  
"Good morning Poo!" Wee calls cheerfully "Ready for a water slide?"  
"I've been ready since breakfast" huffs Poo  
"I'm stuck! Bowel tunnel traffic jams are not my idea of fun."

Running around the playground has made Alex thirsty.  
After a big drink of water,  
Alex runs over to take a turn on the slide.





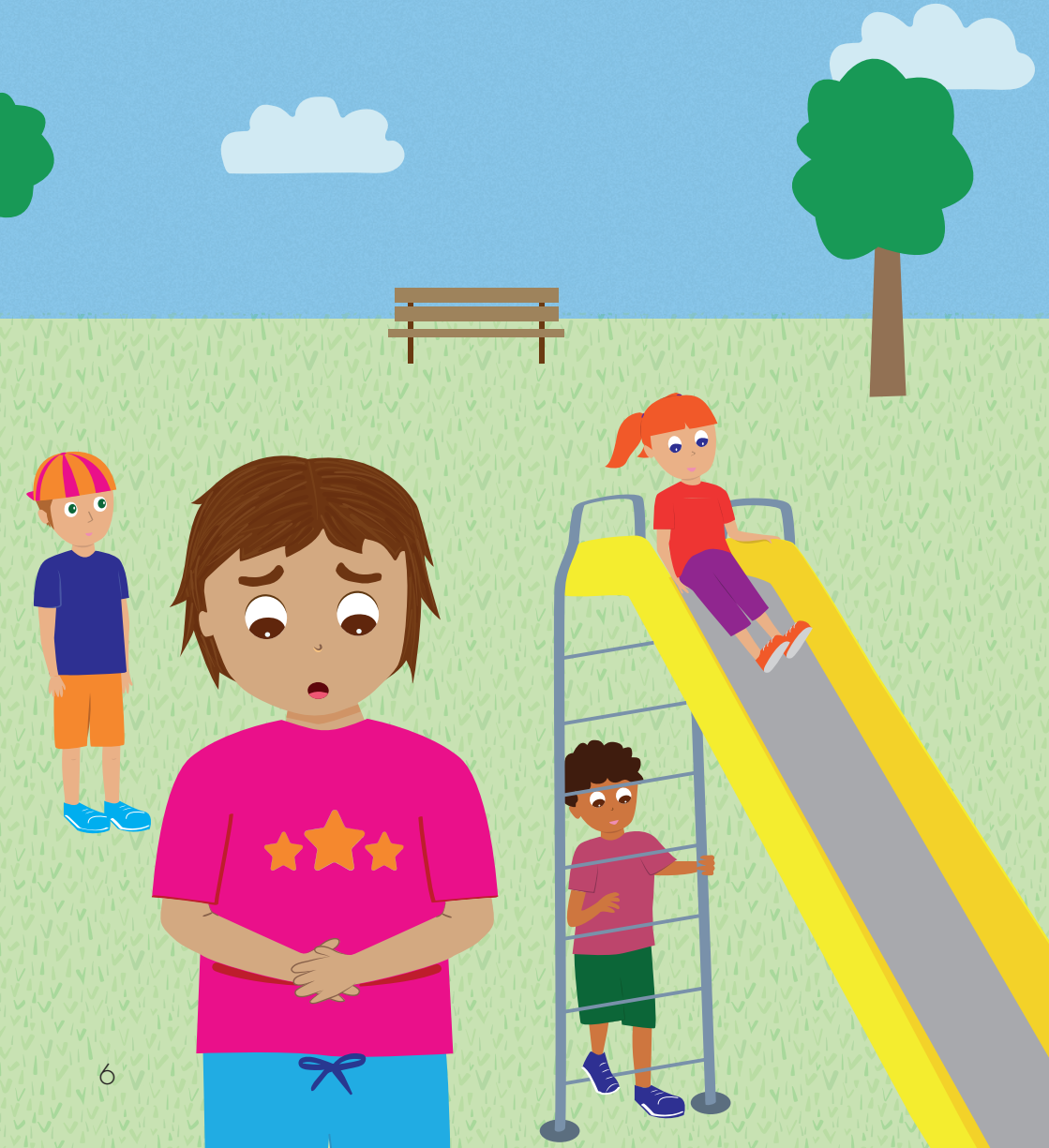
"Hooray! Shower time!" squeals Wee, catching the drips as the bladder fills up like a balloon.

Wee begins to change colour getting lighter and lighter.

"Surfs up!" shouts Poo, as a wave washes through the bowel tunnel.

"That should get this traffic jam moving."

Alex is not having much fun in the playground anymore.  
As well as a tummy tickle, there is a twitchy bottom feeling too.  
It is very uncomfortable.  
Starting to fidget, Alex hops from one foot to the other whilst waiting  
for a turn on the slide.







Meanwhile all that water swishing through the bowel tunnel has changed Poo into a sausage shape.

"Weeee. I'm a super sliding sausage" shouts Poo twisting and turning.

Suddenly, Poo comes to a stop bumping into the bladder. Crash!

"Poo! Will you please stop squashing me," Wee yells crossly, "I'm running out of space!"

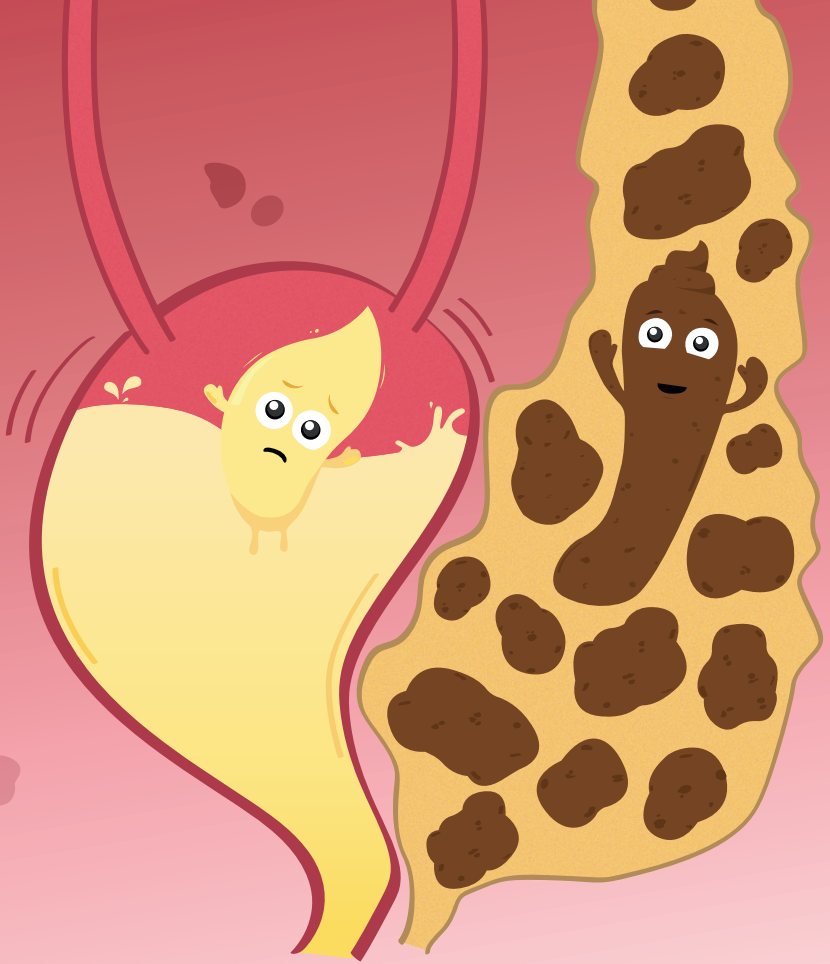
"I can't help it" cries Poo. "The other poos are squeezing me."

It is finally Alex's turn on the slide.

"Uh oh! I need to go to the toilet, or I will have an accident!"

Alex decides to run to the toilet.

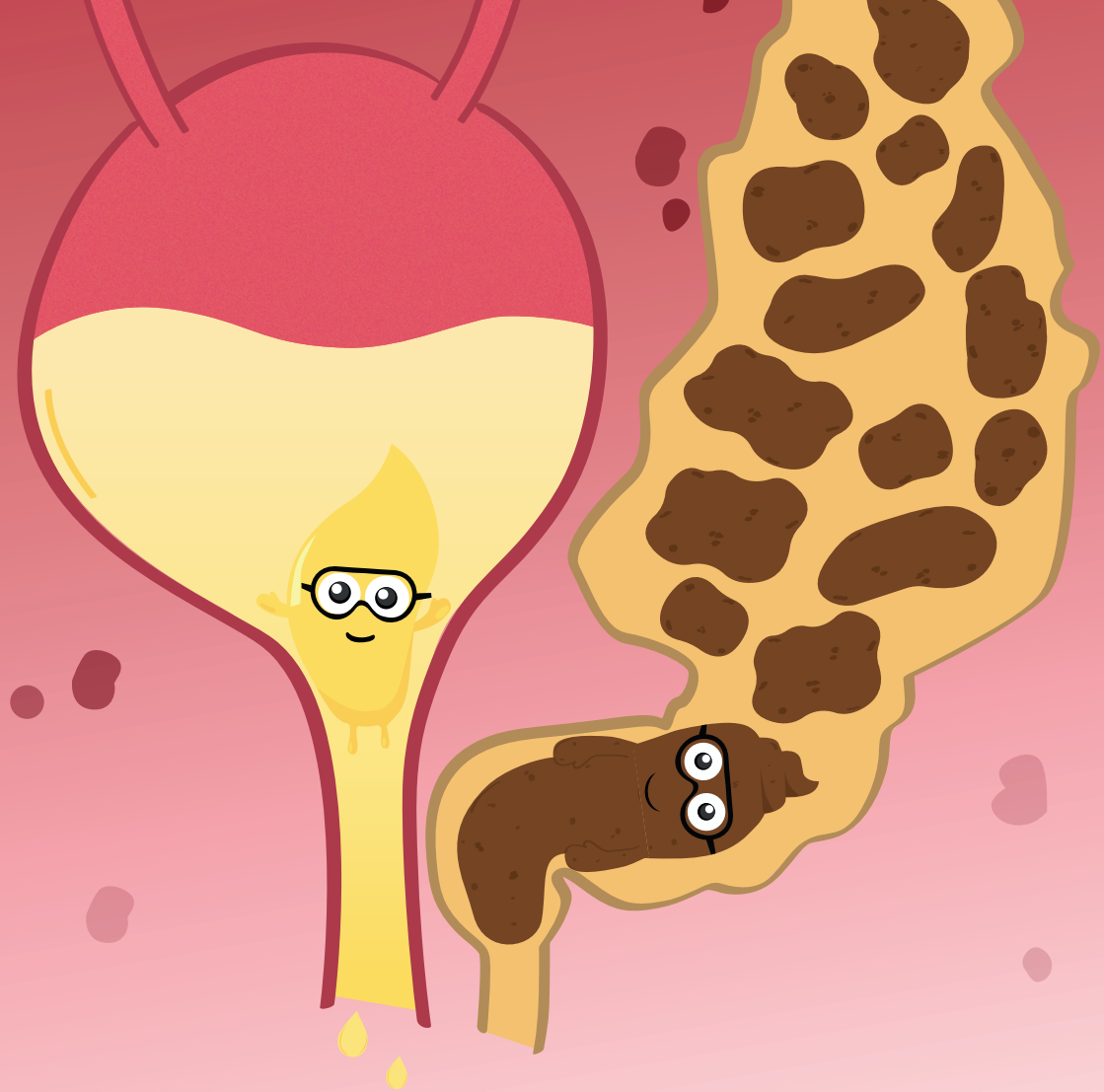




Inside Alex's tummy, Wee is really bursting to get out.  
"Just hold on a little bit longer Wee! The traffic jam is starting to move." shouts Poo

Alex runs into the bathroom and sits down on the toilet.





"And we are off!" squeal Wee and Poo together as they prepare for the big dive.

Poo slides from side to side through the twisty bowel tunnels.

Wee shoots down the urethra tube out of the bladder.

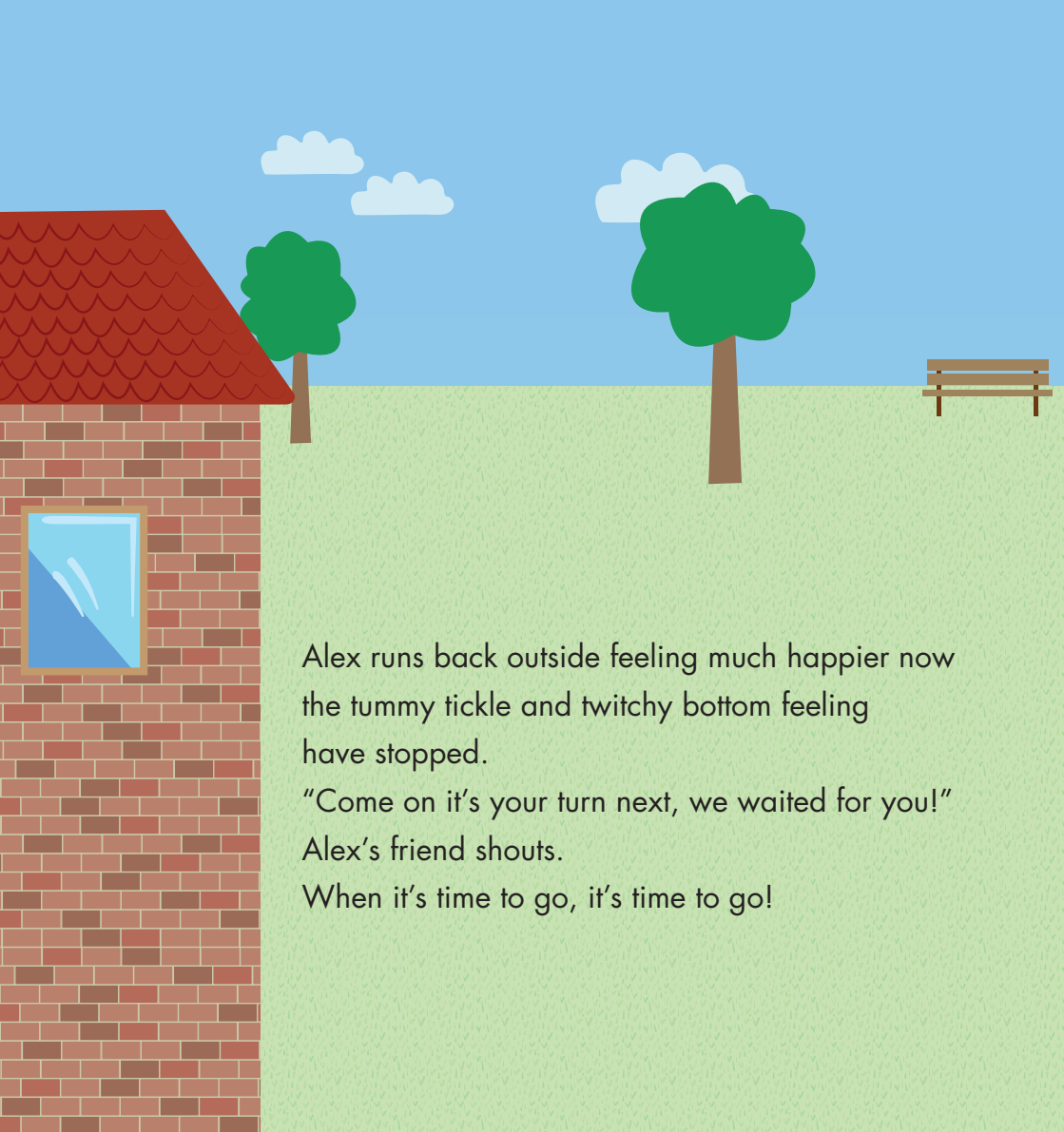
One final bend and they hit the water together with a swish and a plop.

“A wee and a poo at the same time!” exclaims Alex  
“What a good job I sat down on the toilet.  
Wipe bum, flush, wash hands and off I go to play!”





Wee and Poo swirl round the toilet rapids  
“Weeeee! This is so much fun!”

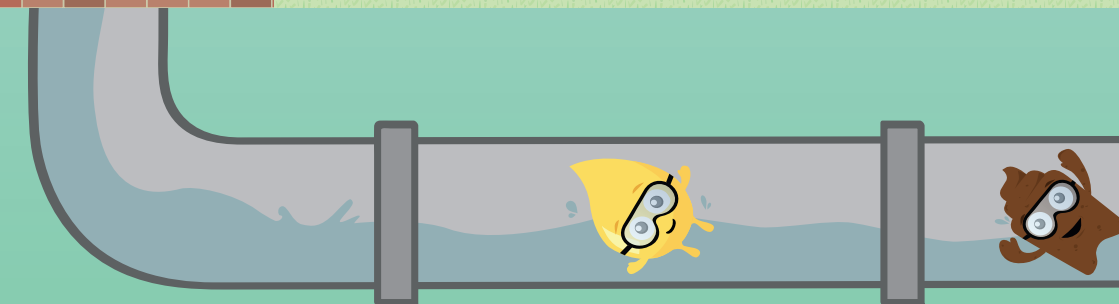


Alex runs back outside feeling much happier now the tummy tickle and twitchy bottom feeling have stopped.

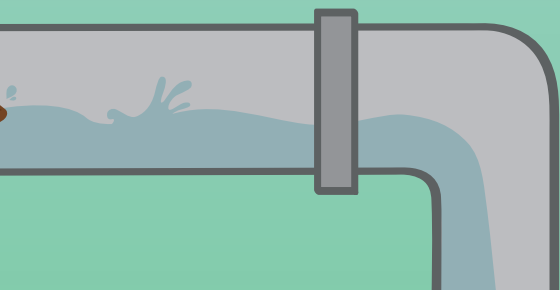
"Come on it's your turn next, we waited for you!"

Alex's friend shouts.

When it's time to go, it's time to go!







# TOP TIPS

## for keeping wee happy:

### Get into a good toilet routine:

- > Your bladder works best if you empty it every couple of hours (between 4 and 7 times a day on average).
- > Don't keep wee waiting for too long, even if you are busy playing like Alex! Ignoring the feeling of needing to wee is not good for your bladder. It can make you poorly (urinary tract infection), stop your bladder from emptying properly and you might even wet yourself.

### How you sit on the toilet is important:

- > Take your time to sit comfortably and relax on the toilet.
- > Boys don't need to stand to wee! Your bladder empties better when you're sitting down. You may even discover you need to do a poo.
- > Using a footstool is a great way to sit on the toilet. It helps you to feel safe, with your feet flat on the stool and your knees above your hips.

### Make sure you drink enough to keep your bladder working properly

- > Make sure you have 6 - 8 drinks every day, more when it's hot, or you're running around.
- > 4 - 8 years olds should be drinking around 1-1.4 litres of water based fluid spread throughout the day.
- > Watch out for drinks that can irritate your bladder like blackcurrant and anything containing caffeine like cola and hot chocolate.

# WEE CHECKER

## Hydration chart



1



**GOOD**

Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!

2



**GOOD**

Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!

3



**FAIR**

Watch out! You could do with drinking a bit more please.

4



**DEHYDRATED**

You really need to have a drink soon!

5



**DEHYDRATED**

You really need to have a drink soon!

6



**VERY DEHYDRATED**

Ouch! Your bladder and kidneys are getting worried! Have a big drink as soon as you can!

7



**SEVERELY DEHYDRATED**

Thirsty? You should be – you're way overdue several big drinks. Get drinking as soon as you can – your bladder and kidneys are NOT HAPPY!!

# TOP TIPS

## for getting the poo in the loo:

### Get into a good toilet routine:

- > It's really important to have a good toilet routine and not keep poo waiting. Holding on to poo can cause constipation which can lead to soiling accidents.
- > A good time to try for a poo is 20 – 30 minutes after eating and just before bedtime.
- > A 10 – 15 minute toilet sit should be long enough.

### How you sit on the toilet is important:

- > Putting your feet flat on a footstool or box with your knees raised higher than your hips is a great way to sit on the toilet.
- > Using a child's toilet seat can help you feel even more comfortable.

### Have fun, play games and sing songs when you try for a poo:

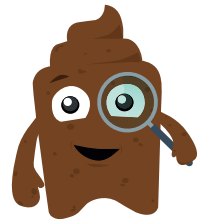
- > The more relaxed you are, the easier it will be to do a poo.
- > Blowing on a toy trumpet, recorder or windmill will help you find the tummy muscles you need to push poo out.
- > Rocking forwards and backwards on the toilet can also help.

### Help keep poo moving along your bowel by:

- > Having 6 - 8 water based drinks every day.
- > Children aged 4 - 8 years old should drink around 1-1.4 litres of water based fluid every day.
- > Try to eat some fruit and vegetables.
- > Running around and playing also helps to keep poo moving.

# POO CHECKER

## what's your poo telling you?



### TYPE 1

Small hard lumps like rabbit droppings.  
*This suggests severe constipation.*



### TYPE 2

Sausage shaped, but hard and lumpy.  
*This suggests constipation.*



### TYPE 3

Sausage shaped, but hard, with cracks on the surface.  
*This suggests constipation.*



### TYPE 4

A soft, smooth sausage - **THE IDEAL POO!**



### TYPE 5

Separate soft blobs  
*May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.*



### TYPE 6

A mushy stool  
*May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.*



### TYPE 7

A liquid stool  
*This could be diarrhoea or overflow.*

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Thanks also go to co-author Sally Donaldson and the illustrators at INK105 design agency.

In the UK around 1 in 12, 5-19 year olds suffer with a continence problem including constipation, soiling, wetting accidents and bedwetting.

Helping children to understand the simple steps they can take to keep their bladder and bowel working properly can make a huge difference. Knowing how to spot the signs of a wee or poo problem and the treatment a child needs is also very important.

To get more support and information about children's bladders and bowels visit the ERIC website: [www.eric.org.uk](http://www.eric.org.uk)



### **WHEN IT'S TIME TO GO, IT'S TIME TO GO**

A Wee and Poo adventure

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### **ERIC**

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