

Useful websites for parents and carers of children using the Bladder and Bowel service

eric.org.uk



Resources about children's bowel & bladder problems

Expertly written resources to help with children's bowel and bladder problems. Our guidance is based on the latest clinical research and recommendations.

All our resources are available as free downloads.

Toilet training

- [Thinking about wee and poo now you've reached the age of 2 \(English\)](#)
- [Thinking about wee and poo now you're on your way to school! \(English\)](#)
- [Meddwl am bi-pi a phw pw gan dy fod di bellach yn ddwy oed \(Welsh\)](#)
- [Meddwl am bi-pi a phw pw nawr eich bod ar y ffordd i'r ysgol! \(Welsh\)](#)
- [Advice on potty training](#)
- [ERIC's Guide for Children with Additional Needs](#)
- [Children who will only poo in a nappy and other toilet avoiders](#)

- [Potty prompt cards](#)
- [Toileting visual schedule](#)
- [Toileting social script](#)

Bowels

- [Advice for Children with Constipation](#)
- [A Parent's Guide to Disimpaction](#)
- [How to Use Macrogol Laxatives](#)
- [Template Letter for School re Disimpaction](#)
- [Breastfed Babies and Constipation](#)
- [Poo Diary](#)
- [Poo checker - a child friendly version of the Bristol Stool Chart](#)
- [Poo Ladder](#)
- [Template Letter for GPs re Macrogols](#)
- [Constipation in kids poster](#)
- [Smearing](#)

Withholding

- [Children who will only poo in a nappy and other toilet avoiders](#)
- [Toilet anxiety - why it happens and how you can support your child](#)
- [How to help children who avoid doing a poo](#)
- [Supporting children to feel more comfortable around poo](#)

Daytime bladders

- [Advice for Children with Daytime Bladder Problems](#)
- [Intake/Output Chart](#)
- [Wee checker](#)
- [Giggle incontinence](#)

Night time wetting (nocturnal enuresis / bedwetting)

- [Advice for Children with Night Time Wetting](#)
- [Bedwetting Alarms - Your Questions Answered](#)
- [Night Time Diary](#)
- [Bedwetting Alarm Diary](#)
- [Using Desmopressin as a Treatment for Bedwetting](#)

Children with additional needs

- [ERIC's Guide for Children with Additional Needs](#)
- [Toilet Readiness Assessment](#)
- [Bladder/Bowel Assessment Chart](#)
- [Guidance for Parents/Carers using Disposable Containment Products](#)
- [Smearing](#)
- [Sensory needs and toileting](#)
- [Interoception and toileting](#)

- [Potty prompt cards](#)
- [Toileting visual schedule](#)
- [Toileting social script](#)

Children with complex bladder and bowel needs

- [Guide for children living with complex bladder and bowel problems](#)

Reward charts

- Drinking Reward Chart
- Toileting Reward Chart

Bladders and bowels at school

- Sample Care Plan
- [Sample Intimate Care Plan](#)
- School Toilet Charter



Established in 2003 by its current chair, Dr Penny Dobson MBE (the Founder and former director of ERIC), the Paediatric Continence Forum campaigns to improve services for children and teenagers with bowel and bladder problems.



medicinesforchildren.org.uk

This site provides practical and reliable advice about giving medicines to your child.

Our vision is that any parent or carer, wherever they are, has information on their child's medicines that they can trust.

What we offer

Our [medicines information pages](#) cover many of the medicines that are prescribed or recommended for children by health professionals. They answer frequent questions, such as how and when to give the medicine, what to do if you forget to give the medicine, and any possible side-effects.

You can also read information or watch our short videos [about giving different types of medicines](#), including tablets, capsules, liquid medicine, inhalers, eye drops/ointment and ear drops.

Stopbedwetting.org

STOP BEDWETTING



Changing-places.org

Provides information regarding suitable toilet facilities.



bladderandboweluk.co.uk

Bladder and bowel
problems are **very
common**, but rarely talked
about.

Regardless of cause, there are a wide range of treatments, products and management options that can help. That's why we're here.