










## Toilet Refusal Self Help Measures

<ul style="list-style-type: none"> <li>• Have 6 to 8 drinks spread throughout the day</li> <li>• Eat plenty of fruit and vegetables to prevent constipation</li> </ul> 	<ul style="list-style-type: none"> <li>• Open door policy</li> </ul> 	<ul style="list-style-type: none"> <li>• Make sitting on the toilet fun</li> <li>• Use rewards</li> </ul> 
<ul style="list-style-type: none"> <li>• If your child asks for a nappy to poo in they need to be in the bathroom area</li> </ul> 	<ul style="list-style-type: none"> <li>• Tip poo down the toilet</li> </ul> 	<ul style="list-style-type: none"> <li>• Sit on the toilet 20 minutes after food</li> </ul> 
<ul style="list-style-type: none"> <li>• Boys to sit down on toilet</li> </ul> 	<ul style="list-style-type: none"> <li>• Liaise with school or nursery</li> </ul> 	

Further Information available from: [www.eric.org.uk](http://www.eric.org.uk)

Contact number : 0161 7412030

Nurse: