First, a hearty thanks for the very generous donation from McKenzie Trust in December. This has enabled me to have more paid hours and for the committee to be more relaxed about our financial situation. Our database is growing so quickly that we have decided to ask people who are on the internet & wish to receive newsletters electronically to send us an e-mail (keea@xtra.co.nz) and we will send the newsletters to them via e-mail. Thank you very much to the people who have sent in donations. They are most welcome. I have been in touch with Gilly Hollins from Guys Hospital re reproducing “Rock ‘n’ Pop”. She said that is fine as long as people acknowledge that she (Gilly Hollins) a Bowel Motility Nurse invented the exercise with Dr Graham Clayden

Shirley Reid
Chairperson

The main feature in this issue is the new Soiled Pants Guide for parents & children. Thanks to Dr Pat Bolton for allowing us to reproduce this.

Coping with a lapse in toilet training when a new baby arrives on the scene.

Letter from parent requiring help for child with encopresis.

Word find for Easter.

A parent letter:
Hi There, Tiegan my daughter, has been having problems doing poos. She's on lactulose 2 times a day. It doesn't seem to work. We are under a Paediatrician and we have been to a psychologist. Nothing seems to work. Last night she was in so much pain. Her poos were so big and she didn't seem to be able to push it out. She starts school soon and I am worried how she will cope. If there is anybody out there who has been through this my email is bcolmore@xtra.co.nz
Soiling is a very common problem affecting many children. It usually occurs between the ages of 2 and 8 years but can present later.

The social effects mean that most children are seen by a doctor, or nurse, at or just before kindergarten or school entry. Most schools and kindergartens will have a child with this problem.

Children usually grow out of this by the time they are teenagers. However, with help the process can be speeded up and soiling can be overcome earlier.

Children with soiling or skid marks on their pants do not know when it is happening.

It is not their fault and they do not do this on purpose.

What has caused this?

At some stage, months or years ago, the child began to hold back the normal process of passing bowel motions. It may have been because their motions were hard and hurt, or caused a tear when they were passed, and the child became afraid to go to the toilet; or it may simply be that the child was too involved in play or too rushed to go to the toilet.

By now the original cause will have long gone, but the mechanical consequences remain. Bit by bit a large lump of pooh will have built up in the rectum — the end bit of the large bowel. This build up stretches the rectum to become like a floppy bag. The feeling of fullness has gone, the rectum no longer sends messages of the need to be emptied. Bits of pooh can then just fall out. This can happen on exercise, while having a shower or bath, or even when asleep. When new softer pooh arrives it can sneak round the hard lumps and trickle out through the anus onto the skin and pants.
We have had a number of queries about children who were day toilet trained at the usual time and then after a while relapse, eg after the arrival of a new baby. These children act as if they don't care about being smelly or staying in wet clothes and when asked usually say they don't need to go to the toilet. Very frustrating for parents.

Dr Boulton recommends:

* Have a plain abdominal xray just to make sure constipation isn't the issue.
* Wet pants-say nothing.
* Dry-praise/hugs/cuddles.
* Don't discuss issue with him/her-just take to the toilet: hourly at first, then 1 1/2 hourly.
* Take to the toilet when you arrive at pre school or school, and then tell him/her to go (or ask teacher to take them) at break, before lunch and before you go home.

Hope this is helpful.