



the way forward

How ERIC can help

- **ERIC** has a confidential Helpline run by trained staff. You can call **0845 370 8008** between 10.00am - 4.00pm Monday to Friday.
- **ERIC** produces a range of practical leaflets and booklets for families on potty and toilet training, bedwetting, daytime wetting and soiling, plus parent guides for children with learning and physical difficulties.
- **ERIC** also sells other products like bedding protection, daytime absorbent pants and bedwetting alarms. Call **0117 301 2101** for our Products' Catalogue or visit **www.ericshop.org.uk**



- **ERIC'S** main website **www.eric.org.uk** has a range of information and message boards where you can 'talk' to other parents.
- **ERIC** is running two school-based campaigns to raise standards of, and encourage free access to, drinking water and toilets for all pupils, which are important for bladder and bowel health. Visit **www.wateriscoolinschool.org.uk** and **www.bog-standard.org** to find out more.

If **ERIC** can support you in any way, please contact us; we are here to help.

34 Old School House, Britannia Road, Kingswood, Bristol BS15 8DB

Tel: **0117 960 3060**
Email: info@eric.org.uk
Web: **www.eric.org.uk**



Toilet training and your child



LOTTERY FUNDED

ERIC (Education and Resources for Improving Childhood Continence) is a registered charity (no.1002424) and a company limited by guarantee (no.2580579) registered in England and Wales.



Registered office
34 Old School House, Britannia Road, Kingswood, Bristol BS15 8DB





By the **time** they start **school**, most children are **toilet trained**

What can you do if your child is not?

You can **talk** to the following people in confidence about your child's toilet training, wetting or soiling problem

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Remember you are not alone

ERIC (Education and Resources for Improving Childhood Continence)

- Firstly, don't panic. Not all children are toilet trained at this stage.
- Wetting and soiling (sometimes called continence problems) are almost always outside of the child's control.
- At age five, about 1 in 6 children regularly wet the bed, 1 in 25 have regular daytime accidents and 1 in 30 soil (poo in their pants). That means there could be at least one child in a Reception class with a bladder or bowel problem.
- Many of these children stop wetting and soiling in time. However, if you are worried, or would like to know more, this leaflet outlines what help and support is available.



- The **School Nurse** will be able to give you information and support about continence problems. You may already have made contact before starting school, but if you haven't, it is worth doing so. Ask the School Secretary or Headteacher for the nurse's address and phone number.
- If you are still in contact with a **Health Visitor**, they may also be able to give you information and support.
- If the problem continues, it is worth contacting your **GP** to see if there are any underlying medical issues.
- If your child also has a learning difficulty or a physical disability, talk to your **GP**, **Social Services'** contact or **hospital doctor** (if you are seeing one).

- **ERIC** is the national charity providing information and support on childhood continence problems to children, young people and their families.
- Our job at **ERIC** is to "break the silence" and reassure everyone with bedwetting, daytime wetting and soiling problems that there are many children and young people in the same situation. We believe that about one in twelve 5-16 year olds in the UK have a bladder or bowel problem.
- We know that wetting and soiling can be hard to talk about. But there are things that can be done to overcome or improve the situation and **ERIC** can support you in starting to find a solution.

"ERIC has been a great support to my family - it's fantastic! Thank you."

(From a Helpline evaluation questionnaire)

No stamp
required but
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save **ERIC** money

ERIC
FREEPOST NAT 18479
BRISTOL
BS15 8BR





We really need to hear from YOU **please read this!**

Part of ERIC's work is to find out how many children have wetting and soiling problems and what support families need. Please help us by answering the questions below in relation to your child who is just starting school.

Please send this page to ERIC (address overleaf). Thank you.

Does your child usually:

Yes

No

wet the bed more than twice a week

wet during the day more than once a week

poo somewhere other than in the toilet more than once a month

do one or more of the above

Does your child have any special needs?

Is your child: A girl A boy

Please give the month and year of your child's birth:

Did you find the information in this leaflet helpful?

Yes

No

Please tell us what you did or didn't find helpful.

If you would like **ERIC** to send you information in future, please fill in the section below.

Name:

Address:

Postcode

Email: