

A GUIDE FOR TAMARIKI AND TEENS



TIME TO HAVE A WEE CHAT!

This guide has been specially made for the whole whānau, along with educators and health professionals. It contains information, tips and resources.



Please share it with anyone who may benefit!

INCLUDES OUR BUSTING THE MYTHS SERIES!

ALSO INSIDE: RESOURCES, VIDEOS, TIPS AND ACTIVITY SHEETS TO HELP SUPPORT A RANGE OF AGES AND NEEDS.



TOILET TRAINING TIPS



INFO JUST FOR TEENS



SUPPORT FOR PARENTS

CONTENTS

Click on the topics below to go straight to the most helpful pages for you.



FOR TODDLERS AND
PRE-SCHOOLERS



FOR TAMARIKI



JUST FOR
TEENAGERS



FOR TAMARIKI AND TEENS
WITH ADDITIONAL NEEDS



FOR PARENTS, WHĀNAU
AND CARERS



FOR EDUCATORS



FOR HEALTH
PROFESSIONALS



FOR EVERYONE

FOR TODDLERS AND PRE-SCHOOLERS

Toilet training is one of the biggest milestones for a child, as they are learning a complex skill. It requires a tremendous amount of tolerance and patience.

WATCH FUN VIDEOS

Find some great videos for watching with little ones



DOWNLOAD ACTIVITY SHEETS

For young children to colour in, to spark conversation



WATCH GOING POTTY GUIDE

A helpful webinar on toilet training



Top tips for toilet training

- 1 Use play - act it out with a teddy or favourite toy. Go through the process and talk it through.
- 2 There is no time limit or magic formula. Do it in each child's time.
- 3 Parents can use lots of praise and be specific: "mummy is so proud of you for doing wee wees in the potty!"
- 4 Parents - stay positive and remember, you are the best teacher for your child!

[For more tips, download our Going Potty Guide here.](#)

Questions? Don't hesitate to contact our friendly team!
Call us on 0800 650 659.

FOR TAMARIKI

Many things can impact on a child's continence well beyond the toilet-training years. In fact, one in 12 children and teenagers will have a bowel and bladder problem.

WATCH

A WEE SECRET

Watch Jet's story to spark conversation



WATCH

POO HOO

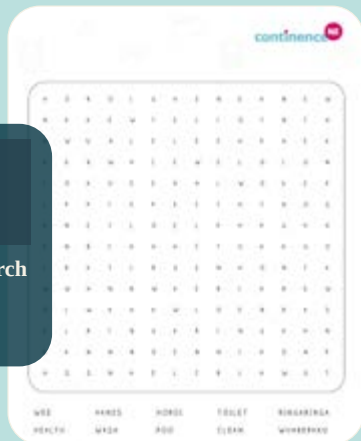
Tim's story is another great one to discuss



DOWNLOAD

ACTIVITY SHEETS

Try our word search and healthy food colouring sheet



WATCH

TOP TIPS SERIES

Our nurses share their expertise



Top tips for children

- 1 Incontinence is not a child's fault and they are not just being naughty.
- 2 Children should be encouraged to drink plenty of water during the day, and eat a balanced diet.
- 3 Parents should seek help from a family doctor if their child is wetting during the day from age 5+, is still wetting the bed at 7+, or has been dry at night for 6-12 months and then starts to wet the bed again.
- 4 Remember - we are here if you need support.

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JUST FOR TEENAGERS

Continence problems affect one in four New Zealanders, so you should never feel like you are the only one. You can ask for help.



You're not alone

Are you anxious a lot of time that others will find out about your incontinence issues? Anxiety can make the problem worse. You may be isolating from your friends for fear of them finding out.

You may not want to tell anyone yet and that's okay. Go to our website for lots of practical information on how to deal with it until you are ready: www.continence.org.nz

The fact that you are reading these tips is a start, so well done. Take the next steps when you are ready.

You can call us on 0800 650 659. It's completely confidential and may just be a huge weight off your shoulders.

Top tips for teens



- 1 When you are ready, tell someone you trust. This could be your parents, school counsellor or a grandparent.
- 2 Incontinence is a medical problem and is not your fault. You are not being lazy.
- 3 Drink 6-8 cups of water a day as cupfuls and try to have most of it by 4pm. Try to avoid or reduce fizzy and energy drinks as they irritate the bladder. Eat healthy with lots of fruit and veges.
- 4 Finding it hard to deal with comments like "why do you have to go to the toilet a lot?" Tell them you have a small bladder that can't hold a lot. Or that you have stomach problems.
- 5 Always have an emergency pack in your school bag with spare pads, undies, wipes and a plastic bag. Slimline pads are great for school, or try washable continence underwear - it can be a real cost saver. Call us for advice on whether you can access funded continence products.

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FOR TAMARIKI AND TEENS WITH ADDITIONAL NEEDS

Toileting can be a challenge for those with additional needs. It can take tremendous patience and perseverance. Our experts can help.

WATCH VIDEO SERIES

From fun books brought to life, to real case studies



READ OUR ONLINE GUIDES

Info for children with ASD and learning difficulties

DOWNLOAD OUR HELPFUL GUIDES

Toilet Tactics and more!



Top tips for additional needs

- 1 Children and young people with additional needs require more help to master toileting skills. It is important to toilet train according to developmental age, not physical age.
- 2 It is crucial to have a plan, be consistent and patient, give calm responses and praise desired behaviours.
- 3 Contact your local continence advisor for support. Find a list [on our website here](#) or give us a call - our nurses have lots of experience supporting people with additional needs.

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FOR PARENTS, WHĀNAU AND CARERS

It's important to get the right help and support for children or teenagers with bladder and bowel challenges. But there is lots you can do to help at home too.

WATCH BUSTING THE MYTHS

Our series clears up some common misconceptions



DOWNLOAD FREE GUIDES

Read up so you can have those crucial conversations



WATCH GOING POTTY GUIDE

A helpful webinar on toilet training



Top tips for parents

- 1 It's important to let your child know it's not their fault. It's not your fault either. You're doing your best and you don't have to do it alone.
- 2 Remember constipation is one of the biggest reasons for children having accidents. This includes wetting the bed at night and daytime wetting.
- 3 Drink cupfuls of water, rather than sipping. You can add mineral drops or weak sugar free juice if it helps your child stay hydrated.
- 4 It can be hard. Take time out for yourself when you can. And call us when you need support or advice.

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FOR EDUCATORS

Encouraging your students to drink plenty of water and ensuring they have access to the bathroom are some important things you can do to help them.

WATCH

MANAGING CONTINENCE IN SECONDARY SCHOOLS

From our friends at UK children's continence charity ERIC



DOWNLOAD ACTIVITY SHEETS

Colouring sheets and a word search for younger students



READ

INFO FOR TEACHERS

Learn more about common issues and see how you can help



Top tips for educators

- 1 Drink plenty of water yourself to encourage students to do the same. Cupfuls are good!
- 2 Allow unrestricted access to the toilet during lesson time.
- 3 If a child in your class has an issue, work with the whānau to see what you can do to support them during school time.
- 4 Watch our videos Poo Hoo and A Wee Secret with your class.
- 5 Reach out for help if you're concerned, our nurses welcome your call - or encourage parents to contact us.

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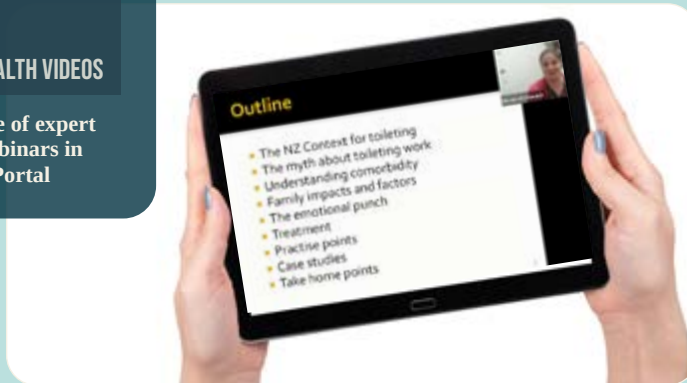
FOR HEALTH PROFESSIONALS

Health professionals are welcome to call our helpline and chat with our experienced continence nurses. We have a range of resources you can use too.

WATCH

PAEDIATRIC HEALTH VIDEOS

Access a range of expert videos and webinars in our Member Portal



STUDY

CHILD CONSTIPATION

Sign up to our online course (with more courses coming soon)

WATCH

WEBINARS

View our Toilet Tactics for Tamariki series



Top tips for health professionals



- 1 One of the biggest reasons for Nocturnal Enuresis and Daytime Wetting is constipation. For any child presenting with wetting and soiling, always start with a bowel history.
- 2 The most common reason for soiling in Children is Chronic Constipation resulting in Faecal Impaction. The only way to fix this is with a Faecal Disimpaction regime with high doses of Macrogol 3350 (Molaxole).
- 3 It's important to say to the child and family "It is not their fault", "the child is not being lazy", "it can be sorted but can take many months of following a good toilet and drinking routine".
- 4 [Join Continence NZ](#) for free access to our education and a range of webinars and videos. Call us if you need any support.

Questions? Don't hesitate to contact our friendly team!
Call us on 0800 650 659.

TIPS AND ADVICE FOR EVERYONE

When you are a busy parent or carer, self-care is important too.

WATCH OUR FAQS SERIES

With Continence Nurse Specialist Janet Thackray



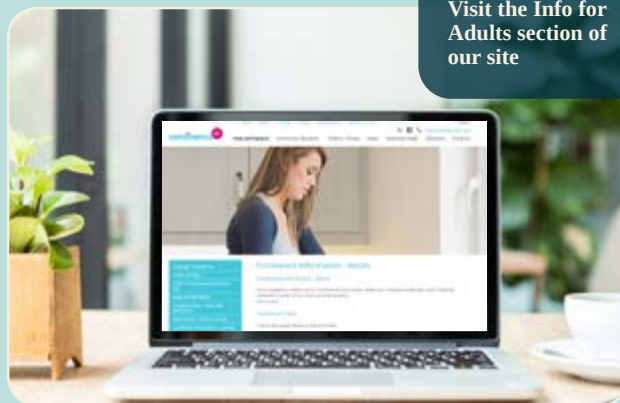
DOWNLOAD FREE RESOURCES

Top tips, bowel and bladder charts and a checklist



READ OUR ONLINE GUIDES

Visit the Info for Adults section of our site



Top tips for self-care!

- 1 Take time out when you can and do something you love - read a book, do some gardening, take a walk or just enjoy a nice hot drink with your feet up.
- 2 Drink plenty of water (6 to 8 cupfuls a day) and eat foods with plenty of fibre.
- 3 Do pelvic floor exercises every day, for life. [Find a guide here.](#)
- 4 If you have continence issues yourself, don't put off getting help. Your health is important too. Call us on 0800 650 659.

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TRANSLATED GUIDES



Our most popular bowel and bladder guides are also available in the following languages:

Te Reo Māori

Chinese

Hindi

Tongan

Samoaan