

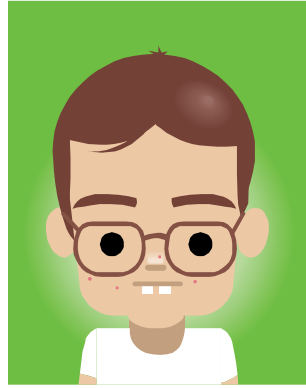
# Beat the Sneaky Pooh Workbook



This book belongs to:

A rectangular box with a dotted border, intended for a name.

This is Jack.



Jack has got into trouble because Sneaky Pooh has been making a nuisance of himself again and causing him problems. He is always causing trouble for Jack and upsetting him.

Sometimes it is his mum or dad that gets cross, sometimes his teachers or some other adult. Sometimes his brother and sister laugh at him and make fun of him. Sometimes it is people he thought were his friends. If it happens at school sometimes people don't notice, but at other times the other children make fun of him and call him nasty names.

Sneaky Pooh's favourite hiding places are in Jack's tummy and, best of all ... in Jack's pants!



Sneaky Pooh thinks that it is funny when Jack gets into trouble, but Jack feels sad and fed up.

Sometimes he feels that there is nothing he can do to beat Sneaky Pooh.

If Jack had a coach to help him, he could beat Sneaky Pooh. A good coach is an adult who knows you best, like your mum or dad.



Sometimes you might need extra help from outside the family, from a Doctor or a Psychologist. Your teacher can help you too.


Everyone who helps you can be on your team.



# Who will help you to beat Sneaky Pooh?

## My Team of Helpers

(This could include family, friends, teachers etc)



My Coach is ...

The best place for this drawing is on the door of the toilet or bathroom, where you can see it when you are sitting on the toilet.



# Let's Beat Sneaky Pooh ...

## With help from a mascot.

All the best sports stars and teams have mascots to help them win. We should also have a mascot to help us beat Sneaky Pooh. We could even have more than one!

Your mascot can be a film star, television character, a famous sports person, a strong animal or your favourite pet. It might even be a superhero you have been thinking up in your own imagination. You can have a whole army of helpers if you want!

Only you can decide who would be best as a mascot. If you like, talk about it with your Mum or Dad. Who or what would they choose if they were looking for a mascot? Why would they choose that person? Go on, ask them!

Ask them to help you find pictures of your mascot, or draw a picture. On the next page are some of Jack's mascots – Spiderman, Elsa and Bart Simpson. Put your mascots there too and you can also put a picture of your mascots in the bathroom next to your picture of your team of helpers.



My mascots are ...



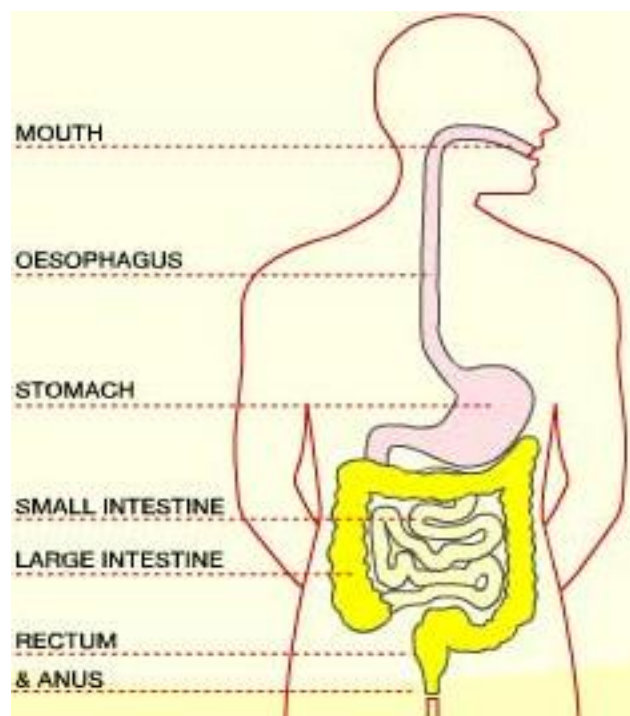
# Let's beat Sneaky Pooh ...

## By understanding how your bowels work.

Food we eat goes down the oesophagus (food pipe) to the stomach after it has been chewed up and swallowed. It will stay in the stomach for between two and six hours. Inside the stomach the food is churned into a creamy consistency and mixed with digestive juices that help digest, or break down, the food.

When it is all churned up and ready to go, the food is squeezed through an opening into the next part of the digestive system – the small intestine. The stomach shrinks again and makes you feel hungry.

Below is a picture of the digestive system – people often call the intestines the 'bowels' but here you can see the proper names. Why don't you ask your coach if they know about parts of the digestive system? If they don't you can tell them!

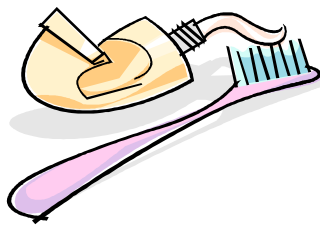


The food then moves along the small intestine where all the good bits leak out into your body to give you energy and help you to grow. After all the good bits have gone, there is some wet runny waste stuff left over. This is what we call POOH!

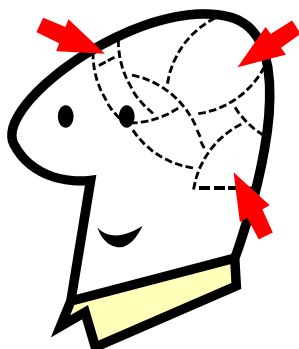
The Pooh goes into the large intestine, which is like a tube. The Pooh is squeezed along, just like toothpaste moves along a tube of toothpaste when it is squeezed. As it moves along, the water leaks out into your body so the Pooh becomes dryer and firmer.

Did you know that ...

Even if you lived your whole life upside down, your food would still move through your digestive system. The rhythmic squeezing of muscles pushes the food along, just as you squeeze toothpaste along its tube.



It collects in the bag at the end of the large intestine; the rectum. When your rectum gets full of Pooh your muscles send a message to your brain saying ...



"HEY YOU! I need to let this Pooh out. Time for you to go to the toilet!"





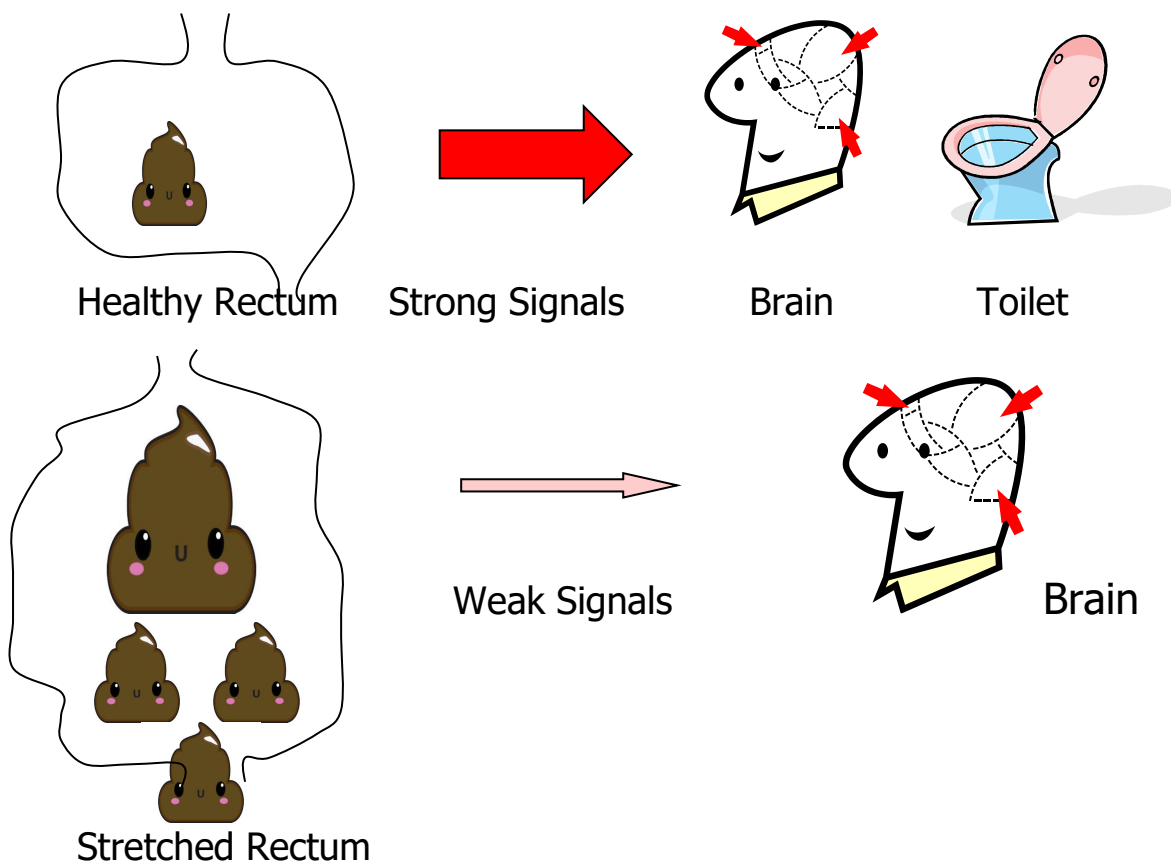
## What can go wrong?

Sometimes the Pooh gets stuck or wants to hide in the rectum for a long time. This makes the muscles get all stretched and baggy as they don't get chance to have a rest.

If you look at a balloon that has been full for a long time compared to one that hasn't, you'll get the idea. Which one is all baggy? Give it a test!

## What happens to stretched muscles?

When your muscles are stretched they can only send quiet signals to your brain (because they are so tired), so sometimes the brain doesn't hear that you need to Pooh. This results in Pooh collecting in your rectum. This makes it get harder and harder.



New Pooh is often softer than the old Pooh that is hard and stuck in your bowel. This new Pooh can often sneak out past the old Pooh, any time it wants. This can get a bit messy!

A Nurse or Doctor may feel your tummy to see how much Pooh has collected in your bowel and how hard it is.

Sometimes the Doctor needs to take an x-ray of your bowel to check how big the lumps of Pooh are and how far back they have collected. The x-ray is a special machine that takes photographs of inside your body.



# Let's beat Sneaky Pooh ...

## With Medicine



There are lots of different medicines that might help with beating Sneaky Pooh. Some make the muscles squeeze the Pooh out, some make the Pooh softer so that it is easier to squeeze out.

## With Good Food and Drink



Everyday you need fruit, vegetables, fibre and lots of water to make you strong and to make your Pooh easy to get out. We will cover food in more detail in the next few weeks.

## By Understanding the Stomach to Bowel Connection

About 20 minutes after eating, people often need the toilet. Therefore, 20 minutes or so after each meal, go and sit on the toilet for a few minutes. Sit up nice and straight on the toilet with your feet on a box so gravity helps the Pooh to come out.

Remember to try and push the Pooh out! Sometimes it can help to blow balloons or party blowers if you have trouble pushing. You can make Pooh faces to help as well! You can also hold a little ball in your left hand and put it between your left leg and the bottom of your tummy. Rock backwards and forwards to stimulate your bowel to contract and push the Sneaky Pooh out.



# Let's beat Sneaky Pooh ...

## By learning to become a detective



Find out when Sneaky Pooh is most likely to appear by listening for the messages telling you that he is on his way.

Good detectives collect clues.

When Sneaky Pooh appears write down the time in your Detective Diary. This gives you a clue about when Sneaky Pooh is coming next and you can be ready.

The way to beat Sneaky Pooh is to get him out of your body. The very best place for him is in the toilet.

Other Sneaky Pooh detectives have found that Sneaky Pooh comes about 20 minutes after eating. They also report that sitting on the toilet after 20 minutes for just 5 minutes helps to get that Sneaky Pooh into the toilet.



What is Sneaky Pooh's favourite time to sneak up on you?

Be a good detective too and note down when Sneaky Pooh appears for you.



# Sneaky Pooh Detective Diary



## Top Tips for being a Sneaky Pooh Detective



- Listen for the messages telling you that Sneaky Pooh is on it's way.
- Write down the time in your Detective Diary when Sneaky Pooh arrives.
- The way to beat Sneaky Pooh is to get him in the toilet and not in your pants.
- Most detectives find he comes about 20 minutes after you have eaten, so try sitting on the toilet for 5 minutes, about 20 minutes after each meal.

<u>Day</u>	Times Sneaky Pooh has sneaked up on me today ...
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



# Let's beat Sneaky Pooh ...

## With Time Trials.

When the stretch signals from the rectum are faint, the message to our brain about going to the toilet may arrive a bit late.

At other times you might be too busy doing something to notice the signals. You may not have much time to get to the toilet before an accident happens. Even worse, Sneaky Pooh could hide in your rectum and get bigger and harder.

Your bowel muscles may be out of shape but your leg muscles are strong! Let's get them trained up to get to the toilet fast.

Think of some of the places at home that you sometimes need to get from to the toilet quickly. Put the places on this list:

From ... to the toilet	Time 1 	Time 2 	Time 3 
<i>The living room</i>	<i>1 minute 5 seconds</i>	<i>1 minute</i>	<i>58 seconds</i>

Now think of the fastest way from each place to the toilet. Ask a parent to time how many seconds it takes for you to run from each of these places to the toilet. Try again to see if you can get there faster. Try a third time to get your fastest time ever!



# Let's beat Sneaky Pooh ...

## By Clearing up Accidents.

If Sneaky Pooh has been making you have accidents for a long time, it won't give up easily even if you are trying some new ideas.

When an accident happens, you need to clean up right away to teach Sneaky Pooh a lesson.

Have a wash or a shower, put on fresh pants and put the soiled ones in the dirty washing.

Think about your team and your mascot who want you to win and tell Sneaky Pooh ...

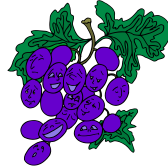


# Let's beat Sneaky Pooh ...

## With Good Food.

Every day you need fruit, vegetables, fibre and lots of water to make you strong and to make your pooh easy to get out. Write down the fruit, vegetables and fibre you eat in the spaces below.

Fruit makes pooh soft - What types of fruit do you like to eat?



Veg makes pooh soft - What types of vegetables do you like to eat?



Fibre makes pooh bigger so your muscles can push it along more quickly - What types of fibre do you like to eat?



Pooh also gets hard when you don't drink enough. It is good to drink plenty of water and less fizzy pop.





# Good Food and Drink Detective Diary

A great way to beat "Sneaky Pooh" is to eat good food and drink lots of water and cordial.

Over the next week, write down all the fruit, vegetables, fibre and drinks that you have every day.



Day	Fruit	Vegetables	Fibre	Drink
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



# Let's beat Sneaky Pooh ...

## By using the BTSP game and reward chart.

Step 1. Make a Sneaky Pooh cuddly toy out of any material - an old sock stuffed with newspaper is ideal. You can sew it or glue it shut.

Step 2. Get a big sheet of paper and draw the inside of the toilet on it, then draw lots of pairs of pants around the edges.



Step 3. Play "Musical poo in the toilet" :

When the music stops, whoever is holding the cuddly pooh can have a go at throwing the cuddly pooh in the toilet you have drawn.

No points if you miss the paper, that's like the pooh is hiding in your tummy. Have another go. You get 5 points for a pooh which lands in the pants and 10 points for a pooh which lands in the toilet! This is because getting the pooh out of your tummy is really good even if it's in your pants but it's so much easier for everyone if you can get the pooh in the toilet. Keep going to see how many points your team can get!

Now use the reward chart in the same way. Pooh in tummy = 0 points. Pooh in pants = 5 points. Pooh in toilet when reminded = 10 points. Surprise poo, when no-one reminds you = 20 points. Agree on some prizes for the points and write these on the chart. You could have a little treat like a small chocolate bar every 30 points and a bigger treat like a trip to the cinema for 250 points. Always have the next reward lined up when you can see you are approaching the current reward.



# Beat the Sneaky Pooh Reward Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Who won today?	Who won today?	Who won today?	Who won today?	Who won today?	Who won today?	Who won today?

\* Pooh in pants = 5 points

\*\*Pooh in toilet (when asked/reminded to go) = 10 points

\*\*\*Surprise Pooh in toilet (when you go without being asked or reminded) = 15 points

Who won today – your team or the Sneaky Pooh? If your team worked well together today, then you won!

..... points =

.....(Reward!)



# Let's beat Sneaky Pooh ...

## By taking enough medicine

If the Sneaky Pooh has been hiding in your tummy for a long time and making your bowel all stretched and baggy, you may have to take some medicine to get it to come out.

Some medicines like Movicol pull water into your pooh to make it nice and soft and big enough to stimulate your bowel to push it out. Other medicines like Sodium Picolsulfate make your bowel squeeze hard to push the pooh along.

You need to take enough to get all the old pooh out. Old pooh can often be smelly and black, a mixture of lumps and runny stuff, makes your tummy swell and puts you off your food. It can make you feel grumpy and fed-up too.

When it's all out and your pooh goes like water, you then need to take enough medicine to keep your pooh nice and soft so you can push it out every day. This can take a very long time but eventually your bowel will start to shrink and you should be able to feel a stronger signal when you need to go. You will also feel much happier!

If the Sneaky Pooh doesn't want you to take your medicine, you should always listen to your team so that you win.



\_Let's beat Sneaky Poo ...

By sharing success.



Other people who care about you, and who know how Sneaky Pooh has troubled you, might like to hear about your victories.

They could be Grandparents, Aunts, Uncles or close family friends.

Choose one and give them a call. They will be really pleased to hear how you are doing.



# Let's beat Sneaky Pooh ...

## By knowing how Sneaky Pooh can fight back.

Just as you and your family think you have got Sneaky Pooh beaten. Just as you are celebrating ... BEWARE!!!

Because the trouble maker can strike again.



It takes at least a few weeks and sometimes a few months to get the rectum muscles and stretch signals working well.

Remember the tight and saggy balloons? Your rectum is like the saggy balloon and needs to get back into shape.

Whilst your rectum muscles are getting back into shape and the messages to your brain are getting stronger, the Sneaky Pooh can still cause you trouble.

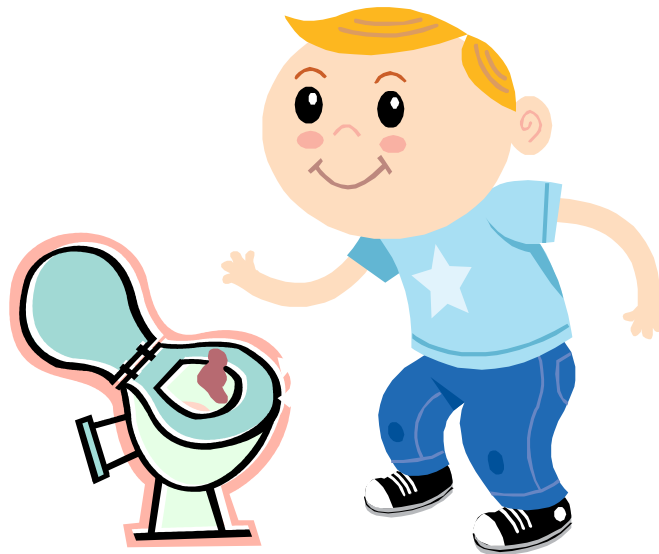
Sneaky Pooh is a very bad sport and usually fights back. Sneaky Pooh will not give in easily and sometimes things can get even worse before they get better.

You need to remember that you have a strong team behind you and when you all keep trying hard, working together and thinking ahead, eventually Sneaky Pooh will give up and go in the toilet when you want it to.



Sneaky Pooh will try its hardest to test your strength by sneaking up on you. But you can show your strength by putting it in its place and teaching it a lesson!

By working with your team, taking medicine if needed, eating the right foods and trying on the toilet regularly, and thinking of some really great rewards for your team for all these successes, you can make sure that Sneaky Pooh ends up where he deserves to be ...



... in the toilet!!



One day the Sneaky Pooh will not have bothered you for a long time. Then you will know you have finally ...

**BEATEN THE SNEAKY POOH!**

