



# Stool Withholding: What To Do When Your Child Won't Poo!

*Sophia J Ferguson*

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## **Stool Withholding: What To Do When Your Child Won't Poo!** Sophia J Ferguson

At last we have a book which focuses exclusively on stool withholding in children and how to overcome it. Inspired by the author's experience of this issue with her own son, this easy-to-understand guide gives detailed advice on every aspect of stool withholding including soiling (encopresis), laxative medication, toilet training and constipation.

Stool withholding is most common in two to four year olds but it can also affect school-age children. It is often triggered by an episode of painful constipation. The child then becomes so terrified of experiencing this pain again that they hold on to their poo for days, even weeks, at a time. Just to add to the misery, stool withholding often causes children to soil their underwear. This bewildering problem can sometimes feel like a form of daily torture, not just for the child but for the whole family. Unless you've experienced this with your own child, it's difficult to imagine just how distressing it can be.

After reading this, parents will have a straightforward plan of action, with lots of tips and strategies to try at home. The book also contains useful information about the laxative Movicol, with guidance on appropriate doses. The advice given is backed up by research, as well as the experiences of the author and other parents who have had to deal with this issue.

Aimed primarily at parents, this guide should also be essential reading for health professionals, teachers and anyone else who works with, or cares for children. Stool withholding is a widely misunderstood issue. If awareness and understanding of this subject is increased, many families could be spared this distressing problem.

*Also available for purchase at ERIC (Education and Resources for Improving Childhood Continence):*  
[www.eric.org.uk](http://www.eric.org.uk)

**USA Edition now available on Amazon.com:** "Stool Withholding: What To Do When Your Child Won't Poop!"

### **About the Author**

Sophia Ferguson has an Honours degree in Psychology, a Masters degree in Applied Social Research and a great interest in all things medical and psychological.

You can contact her at: [www.stoolwithholding.com](http://www.stoolwithholding.com)

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