

HEAD START

Children's Therapy Services

News From the Paint Splotch



Kristy's Notes

Hi everyone and welcome to 2018! We hope you had a great Christmas and a Happy New Year.

We have decided to keep everyone up to date with Head Start Children's Therapy Services' activities through our Newsletter. If you have received this Newsletter we received your subscription via our Website or when you attended for your assessment session. Rest assured, we won't be spamming your inbox!

Clinic Announcement

Head Start Children's Therapy Services is excited to announce our "**Ready, Set, Go!**" toileting clinic. Constipation and soiling can cause significant distress for families – impacting on health and self esteem.

We recognise the importance of continence and supporting children to gain independence, with the clinic's primary focus being **bowel continence**.

The **Ready, Set, Go!** Clinic will work in collaboration with your family to support your child learn the skills for independence. Where appropriate we will liaise with your treating Medical team and Education provider.

Toileting Fast Facts

The average age of toilet training for wee is just over 3 years. It's closer to 3.5 years for poop

Children do not wet or soil on purpose

Soiling is almost always related to constipation, even if poop 'accidents' seem wet



A good-sized poop should come out at least 5 times per week (more frequent for the first year of life)

Pain is not normal during pooping; it indicates a problem that should be assessed.

Please see our attached flyer for more information

181A East St
Rockhampton Qld 4700

Telephone: 4914 0968
Mobile: 0476 046 024
Fax: 4914 0975

Postal Address
PO Box 1080
Rockhampton QLD 4700



www.headstartCTS.com.au
admin@headstartCTS.com.au



Ready, Set, Go!

Toileting Clinic

Constipation | Encopresis | Soiling

The average age of toilet training for poop is close to 3.5 years of age. After your child turns one, they should do a good sized poop at least five times per week.

If your child is:

experiencing
wet or poopy
underwear

not meeting
the above
frequency

has
constipation

You may want to **book an appointment** at our **Ready, Set, Go Clinic**. We offer behavioural intervention to support families develop skills and independence in toileting.

Contact us today to book an appointment

Referrals accepted from:

Families
General Practitioners
Paediatricians

Funding Options:

Enhanced Primary Care Plans
Mental Health Care Plans
HCWA Registered
NDIS Registered

181A East St
Rockhampton Qld 4700

Telephone: 4914 0968
Fax: 4914 0975

Postal Address
PO Box 1080
Rockhampton QLD 4700



www.headstartCTS.com.au
admin@headstartCTS.com.au