

# Pondering Poos **2022**

A free parent information workshop.

Pondering Poos is a community-based information workshop for groups of parents and carers who have children aged two years and over with bowel difficulties including:

- chronic constipation
- withholding/refusal
- soiling.

The workshop provides information about:

- normal bowel habits
- causes of difficulties
- medication
- behavioral advice
- dietary/fluid intake.

## Pondering Poos dates and times:

**FRIDAY, 4<sup>TH</sup> February**

9.30am to 12.30pm

**FRIDAY, 29<sup>TH</sup> April**

9.30am to 12.30pm

**FRIDAY, 22<sup>ND</sup> July**

9.30am to 12.30pm

**FRIDAY, 14<sup>TH</sup> October**

9.30am to 12.30pm

ALL SESSIONS TO BE HELD AT –

**Nambour Child and Family Health Centre  
5 Waterfall Road, NAMBOUR**



To book contact Child Health Access

**5319 4824**

**NB: There is no child care available.**

**Sunshine Coast**  
Hospital and Health Service

Exceptional people. Exceptional healthcare.



**Queensland**  
Government