## Which one of these looks most like your poo?



Lype 1: Separate hard lumps, like nuts (hard to pass)



but lumpy 2: Sausage-shaped



type 3: Like a sausage but with cracks on its surface



type 4: Like a sausage or snake, smooth and soft



type 5: Soft blobs with clear-cut edges (passed easily)



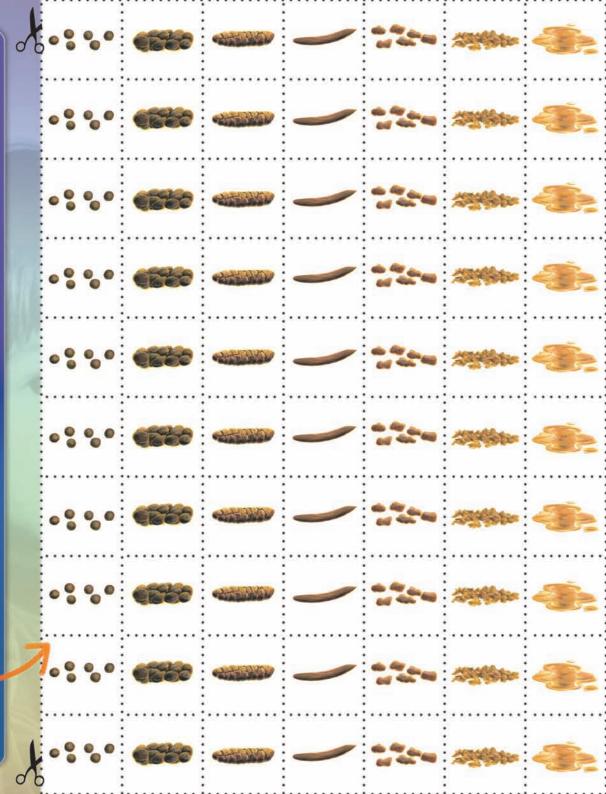
type 6: Fluffy pieces with ragged edges, a mushy stool



wpe 7: Watery, no solid pieces ENTIRELY LIQUID

- 1. Find your poo from the pictures above
- 2. Ask a parent to help you cut out the matching picture from this page .
- 3. Stick this picture on your poo calendar

Based on the Bristol Stool Form Scale produced by Dr KW Heaton at the University of Bristol.





## Let's talk about 😯



Keep a diary of when you do a poo and what it looks like. **Use the pictures on the other sheet** of paper to stick onto this chart (you can get them from our website).

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Sakurday	Sunday
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Children: If you're worried about how your poo looks, talk to a grown up.

**Parents:** Use this chart to keep a record of your child's bowel habits. If you are at all concerned talk to a doctor. You can bring this chart to show your GP. You can also find more information on childhood constipation or soiling issues from ERIC at www.eric.org.uk

