

# Checking for a healthy bowel

## Making sure that everything is healthy

The first step of the training process is to make sure that your child's bladder and bowel movements are both healthy and developed, as this will have an impact on their ability to toilet train successfully.



## Bowel Assessment

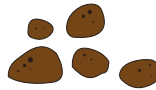
It's important for your child's poo to be as healthy as possible before you start toilet training. As a general rule, your child should poo no more than three times per day but no less than three times a week.

The Bristol Stool Chart will help you to check the health and consistency of your child's poo.

## Bristol Stool Chart

### Type 1

Separate hard lumps like nuts (hard to pass)



### Type 2

Sausage-shaped but lumpy



### Type 3

Like a sausage but with cracks on its surface



### Type 4

Like a sausage or a snake, smooth and soft



### Type 5

Soft blobs with clearcut edges (passed easily)



### Type 6

Fluffy pieces with ragged edges, a mushy stool



### Type 7

Watery, no solid pieces, entirely liquid

