



# The Children's Continence Service Information & Guidance

for Parents & Carers

This leaflet is designed for parents/carers as a guide to accessing information to support children's continence needs.

**Leicestershire Partnership Trust**



Healthy Together is a Universal Service for Children & their families from 0-19 City and 0-11 County and Rutland. Healthy Together includes the former Health Visiting & School Nursing Services.

Healthy Together 0-19 (Health Visiting & School Nursing)



Healthy Together Helpline Tel 0300 3003001

# Websites:

There are many websites which provide information on various aspects of continence.



<https://healthforunder5s.co.uk/>

Toilet readiness, toilet training and a guide for parent and carers.



<https://www.healthforkids.co.uk/>

Healthy Bladder Healthy Bowel



<https://www.healthforteens.co.uk/>

Looking for specific help with toileting, or not sure where to turn first?

## Further sources of information:

<https://eric.org.uk/>



ERIC gives children and teenagers with a continence condition the support they deserve to enjoy a life free from shame, isolation, and fear.

<https://www.bbuk.org.uk/> (BBUK)



Bladder and Bowel UK support millions of people in the UK, who are living with conditions that affect their bladder or bowel.

- Toilet Training
- Daytime Wetting
- Night time Wetting (Nocturnal Enuresis / bedwetting)
- Constipation & Soiling
- A Parent's guide to Disimpaction
- Smearing the Causes and Approach

## Children with additional needs:

<https://bit.ly/toilet-training-autistic-child>



Autism Space has various articles on sensory needs and a specific article on toilet training with an autistic child.

## Toileting aids:

<https://www.pshealthcare.co.uk/>



P & S Healthcare. Washable incontinence products.

<https://www.tenadirect.co.uk/>



Tena/Essity where you can purchase additional continence products.

<https://malemmedical.com/>



**MALEM**  
MEDICAL Ltd

Malem Bedwetting alarms, with alarms to suit every child.

## Literature and Media Information:

- [🔗 The Poo Nurses Video \(on you tube\)](#)
- [🔗 Poo Goes to Poo Land \(a story with pictures\)](#)
- [🔗 Booklet about constipation \(by BBE with pictures\)](#)
- [🔗 Bristol Stool Chart \(BSC\)\\_\(NHS\)](#)

The above websites offer a variety of information that can be implemented into daily routines to support a healthy bladder and healthy bowel and promote toileting.

# The Children's Continenence Service:

Following initial support and intervention from the Healthy Together Service for your child's continence needs, you may be advised that a referral to the Children's Continenence Service is appropriate. The Children's Continenence Service supports children, between the age of 5 and 19 years, with continence needs. e.g. Loan of enuresis alarms, provision of prescribed continence products and ongoing support.



For families already known to the Children's Continenence Service the following contact information may be helpful:

**Home Delivery Service** – for those in receipt of prescribed continence products to activate deliveries. Tel: 0800 030 4466

If you wish to discuss your child's prescribed continence products/prescription, please contact:

**The Children's (Specialist) Continenence Service**

Loughborough Hospital,

Epinal Way

Loughborough

LE11 5JY

Tel: 0116 2956628



Email: [llr.childrenscontinence@nhs.net](mailto:llr.childrenscontinence@nhs.net)