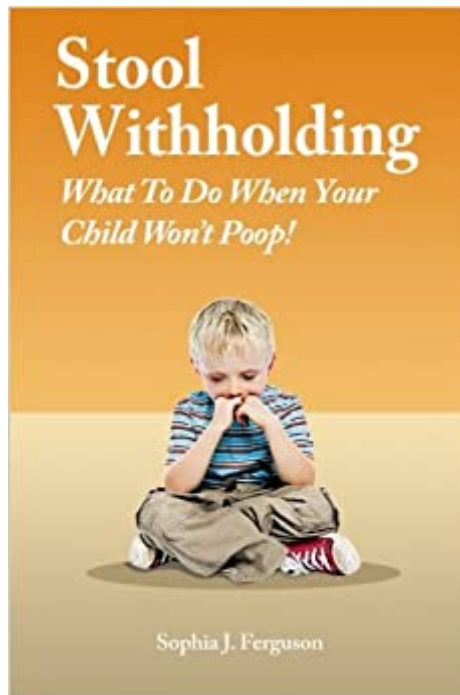


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# Stool Withholding: What To Do When Your Child Won't Poop! (USA Edition)



## Synopsis

At last we have a book which focuses exclusively on stool withholding in children and how to overcome it. Inspired by the author's experience of this issue with her own son, this easy-to-understand guide gives detailed advice on every aspect of stool withholding including soiling (encopresis), toilet training, laxative medication and constipation. Stool withholding is most common in two to four year olds but it can also affect school-age children. It is often triggered by an episode of painful constipation. The child then becomes so terrified of experiencing this pain again that they hold on to their poop for days, even weeks, at a time. Just to add to the misery, stool withholding often causes children to soil their underwear. This bewildering problem can sometimes feel like a form of daily torture, not just for the child but for the whole family. Unless you've experienced this with your own child, it's difficult to imagine just how distressing it can be. After reading this, parents will have a straightforward plan of action, with lots of tips and strategies to try at home. The book also contains useful information about the laxative MiraLAX, with guidance on appropriate doses. The advice given is backed up by research, as well as the experiences of the author and other parents who have had to deal with this issue. Aimed primarily at parents, this guide should also be essential reading for healthcare professionals, teachers and anyone else who works with, or cares for children. Stool withholding is still a widely misunderstood issue. If awareness and understanding of this subject is increased, many families could be spared this distressing problem.

## Book Information

Paperback: 94 pages

Publisher: CreateSpace Independent Publishing Platform; 1 (USA) edition (February 9, 2015)

Language: English

ISBN-10: 1505202140

ISBN-13: 978-1505202144

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.9 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 16 customer reviews

Best Sellers Rank: #294,490 in Books (See Top 100 in Books) #44 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Gastroenterology](#) #110 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs](#) #599 in [Books > Medical Books > Medicine > Internal Medicine > Pediatrics](#)

## Customer Reviews

Five Star .co.uk Reviews from the UK Edition: "Stool Withholding: What To Do When Your Child Won't Poo!": "A Ray of Hope. Having consulted five different medical practitioners about my child's issues reading this book was like a breath of fresh air and a ray of hope. It has helped me understand my child's issues differently and, after 18 months of shared anxiety, supported us in making some important positive steps with our GP in helping solve the problem in the medium to long term. Here's hoping!" "Really helpful, positive book. Thank you for writing this book. The advice works and there are so few books on this topic." "Brilliant! Wow. This book is fantastic. Cannot fault it in any way. I was starting to lose hope that my 3 year old would get over her issue with this but this book made me realise we're not alone & gave me a plan to follow that even the GP couldn't help with. If you have a child with this problem, please please please buy this book!" "Buy this book - I have followed it for two weeks now and my daughter (3 and half) is now going to the toilet and pushing her stools out. This has been really hard for her and us for the past 18 month as she has been withholding and now we feel we have cracked it. We seriously didn't know what to do and have just decided to follow it and it has worked! Buy this book!" "Fantastically helpful. Best advice we have come across on the subject - and we have seen health 'professionals'! Highly recommend this book." "This book is amazing! Our three and a half year old daughter had been stool withholding for over a year and it had a terrible effect on all of us. It was horrible to see her in such distress. We thought she would eventually outgrow the problem but after a year it was obvious this wasn't going to happen. We had tried all sorts to encourage her but nothing worked. I stumbled across this book by chance (thanks ) as it was a recommended purchase. This book has saved us! I cannot recommend it enough." "A great self help book. With so little help out there, I found this book invaluable in dealing with my 3 year old daughters stool withholding issues." "Really impressed with this book's clear concise practical but sensitive approach to this nightmare! I've been seeking medical help for my daughter for the past 2 years to no avail - "she'll grow out of it" they said! "its behavioural - use incentives" to stop her having the "accidents- soiling". I had to accept they knew best, I did think she'd come out the other side eventually on her own but it just hasn't happened. I wanted to avoid laxatives as have always thought natural is best but I really connected with this book and we are about to start down the Movicol route! The author really knows the genuine trauma of of this situation and it comes through in her empathetic approach. Buy it, you can easily read in an evening." "If your child seems worried about going to the loo then you must read this book. I had 3 months of thinking that my 3 year old daughter was holding her poo on purpose but

when I read this book everything made perfect sense. It was as though I was reading about my daughter! I was relieved to finally understand what she was going through & the advice on how to overcome the problem is straight forward & makes complete sense. We're only about 3 weeks into treatment but already I feel like I have my happy, funny & confident daughter back. Fingers crossed that we can keep going & get her sorted. I cannot recommend this book highly enough to anyone who's child is struggling to poo."Ã Â Mrs FÃ Â "So nice to read a book by someone who knows what this is really like. Great tips."Ã Â MMÃ Â "Such a relief to know I'm not the only one trying to figure this out. Thank you so very much for writing this in a clear and concise way, not too much jargon which meant that despite being stressed about it all I still took in all the advice and support being offered. Highly recommended."Ã Â GDM

Sophia Ferguson has a degree in Psychology, a Masters in Applied Social Research and a great interest in all things medical and psychological.Ã Â She can be contacted at:Ã Â [stoolwithholding.com](http://stoolwithholding.com)

Unfortunately I struggled with this problem with my son. The book was certainly very helpful in understanding the underlying issue of stool withholding and it gives good advice for resolving it and also provides tips for successful potty training. The author definitely knows what she is talking about as she went through the same problems with her child. It's an easy read; I read it in a little more than one day, while home with my child and in between the normal chores.

This book is a must have for all caregivers dealing with this issue. I bought this book at a last ditch effort in trying to understand and help my son. Although I haven't had it long enough to really implement changes, it has definitely helped my husband and I get a grip on things and understand a bit more. This book is written such a way that I imagine anyone who's going through this will find it relatable. I highly recommend it to parents, teachers, daycares ECT.

This short book seriously helped us. We were so frustrated with our 8 year olds stool withholding that we had no idea what to do. She just kept holding on out of fear that it "would hurt" because of hard stools, only then she would have messes in her underwear and pain to boot. Thank you for good advice which has us in a much better place now. Also thanks to Milk of Magnesia and Mira-lax.

This book just works! After a year of poop accidents and not understanding what was going on or what exactly to do, my 3.5 year old went from poop accidents everyday, to none within 10 days of following this book. He's maybe had 2 incidents in the 2 months since starting the program. It's a miracle. There may be some other books that are more thorough out there, but this one is short and sweet and effective which worked for us, being a busy working mom with two little ones in preschool. It explains the mechanics of what's happening when a child is stool-withholding, just enough, so that you can fix it. A life-saver!

Just the right, step by step advice I needed for my 3 year old who occasionally gets constipated and holds his poo. At the advice of this book I saw a Pediatric GI and now we have a clear plan for how to help my son not to hold anymore and to move on with toilet training. It will take time, but we now have a plan.

Finally a resource that discusses exactly what we are going through! I was going to throw a 2 year old fit if I heard one more person tell me to just feed my daughter more vegetables/prunes/apple juice. We are in week 2 of the regimen recommended and already my daughter is showing huge improvements. I realize we have a long road ahead but just reading through this book gave me a peace of mind that I have a plan that is work!

Amazing! Very very helpful and precise. I would recommend 100% this book to all the moms that has a kid with this issue at home. I have tried everything and this book has very good strategies to help you to succeed. Good luck to everyone.

Very helpful and informative.

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