

## Continence Confidence

Shine charity has just released their latest animation to help children with spina bifida to understand what is going on in their bodies.

The animation can be found on Shine's Facebook page and is called **Continence Care - How does your Bladder work?**

<https://www.facebook.com/ShineUKCharity/videos/279113526117838/>

This animated film is designed to help children to take control over their condition as they grow up, in order to reach their potential.

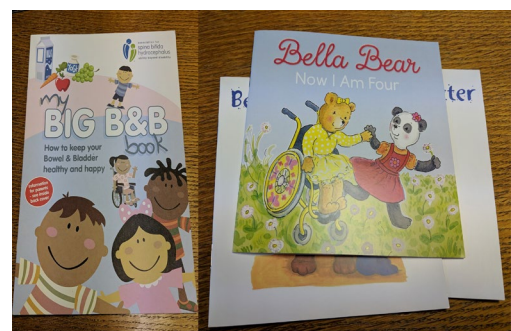


## Recommended Books for children

Parents and carers often ask Shine for **recommended books** about continence so that their children can become **continence confident**. Shine, as well as other charities and organisations, have several publications to help children to understand their condition, which are listed below.

### Shine publications

- Bella Bear Books - 'Our New Baby' and 'Now I am Four'
- My Big B&B Book – How to keep your bowel and bladder healthy and happy



## Books published by Continence Organisations

### Hollister

- 'Russell - Swimming success'
- 'Millie goes to camp'

### Coloplast

- 'Katie and her catheter'
- 'Charlie and his catheter'
- 'Perry and Tina Bowel management'

### Mitrofanoff

- 'Just like you and Smarty'

### LoFric

- 'Derek the Dolphin'

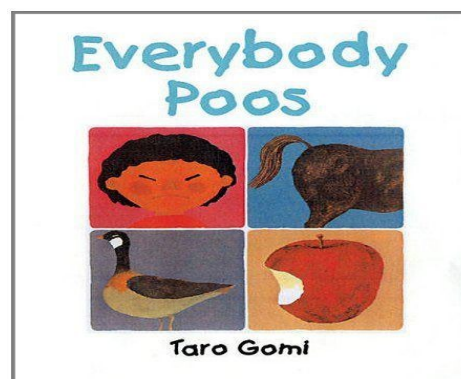


## ERIC – Children's Bowel and Bladder Charity

- 'A girl like you' and 'A Boy like you' for 6-12 years
- 'Pirate Pete and the Fearsome Skids' free to download  
<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=4b7f537f-8b27-4e32-8a87-0f8f11f66b05>
- Help at school FAQs - <https://www.eric.org.uk/help-at-school-faqs>

## General Books for Children about Continence

- 'Everybody Poos' by Taro Gomi
- 'I want my Potty!' by Tony Ross
- 'On my Potty' by Leslie Patricelli
- 'Who's on the Loo?' by Jeanne Willis
- 'Pip and Posy – The Little Puddle' by Axel Scheffler
- 'Softy the Poop' by TR Duhamel and website  
<https://www.theinsandoutsofpoop.com/>



## When Out and About

- **Bladder and Bowel UK** have 'Just Can't Wait' cards and resources for when talking about going to the toilet - <https://www.bbuk.org.uk/wp-content/uploads/2016/12/A4-TALK-ABOUT-GOING-TO-THE-TOILET-2017-1.pdf>
- **Changing Places** has a list of accessible toilets - <http://www.changing-places.org/news.aspx>
- **Special Education Resource Centre, SERC**, has 'I Can't Wait' cards and Toilet Time resource pack <http://redbridgeserc.org/resources/entry/toilet-time-resource-pack-helping-children-with-special-needs-understand-to>
- **The Breakaway Foundation** supports children with bladder/bowel dysfunction/diversion and their families, providing Buttony Bear free to children undergoing surgery for a stoma or ACE procedure. <https://www.breakawayfoundation.org.uk/buttony-bear/>