

# Toilet Routine and Eating Well

## Tips for good habits

All children's toileting habits are different. Fibre and water help keep poos soft and easy to pass.

### Help your child have a good toilet habit

Let your child go to the toilet unhurried.

### Offer foods containing fibre

- vegetables
- fruits
- legumes, lentils and beans
- whole grain cereal, breads, pasta and rice
- nuts and seeds, before packing nuts and seeds for childcare or school check their allergy aware policy.

### Help your child enjoy water as their main drink

Offer about four cups of water everyday by:

- offering water with every meal and snack
- having water easily available to drink over the day.

### Want to know more

Ask your GP or child health nurse.

