

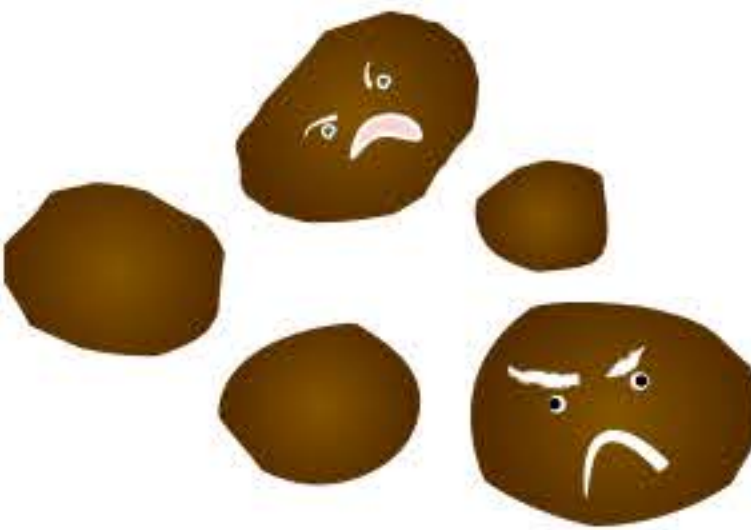
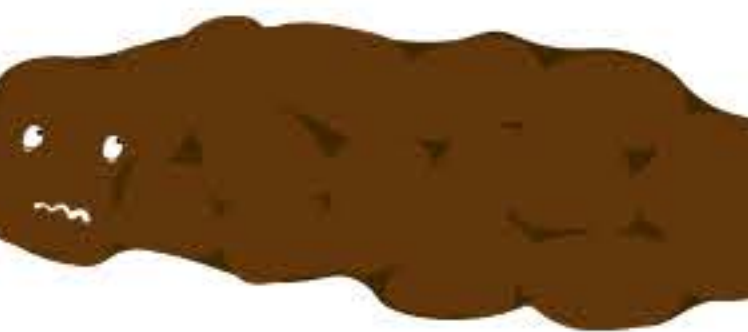
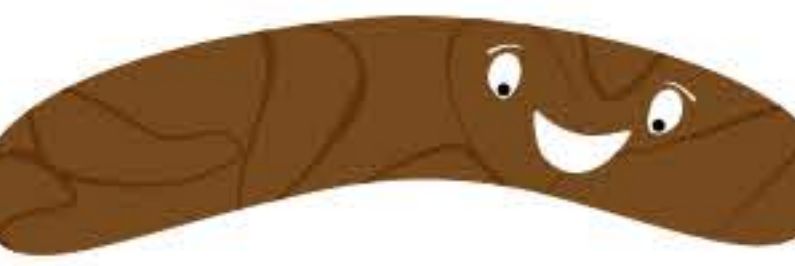

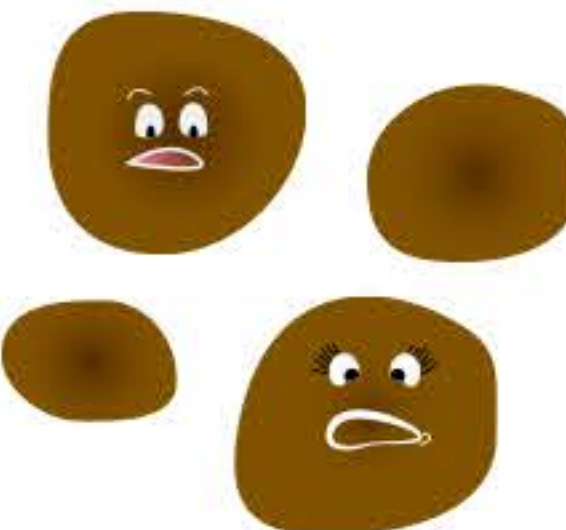


# POO TRACKER

Challenge addressed: Hydration

Scan for more information



It's time to be POO DETECTIVES! Use the template chart to tally and note down with your child what their poo is like every day over one week. You can use stickers to make this more fun with younger kids. Use alongside 'Wee Tracker' and 'Water Tracker' from the Parents' Toolkit website to get an idea of your child's hydration levels. It is important to observe the colour of stool, as colours other than brown may indicate something is wrong. Please note, there may be other reasons why your child's poo is not quite right. Speak to your GP about any concerns. Recommended amount of water per day: 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls - 1,800mls (approx. 6-8 cups).

<p>_____ 's poo chart</p>	<p><b>Type 1: Constipation</b> Separate hard lumps, like nuts (hard to pass)</p> 	<p><b>Type 2: Mild Constipation</b> Sausage-shaped but lumpy</p> 	<p><b>Type 3: Normal</b> Like a sausage, but with cracks on the surface</p> 	<p><b>Type 4: Normal</b> Like a sausage or snake, smooth and soft</p> 	<p><b>Type 5: Lacking fibre</b> Soft blobs with clear-cut edges (passed easily)</p> 	<p><b>Type 6: Mild diarrhoea</b> Fluffy pieces with ragged edges, a mushy stool</p> 	<p><b>Type 7: Severe diarrhoea</b> Watery, no solid pieces (entirely liquid)</p> 	<p><b>Extra information</b> Note any extra information that might be relevant e.g. illness</p>
<b>MON</b>								
<b>TUE</b>								
<b>WED</b>								
<b>THU</b>								
<b>FRI</b>								
<b>SAT</b>								
<b>SUN</b>								

## WHAT IS THE POO TELLING YOU:

### TYPE 1 or 2:

Your child might be lacking fluids and fibre. Try increasing water intake and add more fruits and vegetables into diet.

### TYPE 3 or 4:

Your child is having optimal poos! It is typical of people on a balanced diet and drinking enough fluids.

### TYPE 5:

Your child might be lacking fibre. Try increasing fibre intake in diet.

### TYPE 6 or 7:

Make sure your child drinks lots of fluids to replace the liquid lost, otherwise they might be dehydrated.

