

Pondering Poos 2023

A free parent information workshop.

Pondering Poos is a community-based information workshop for groups of parents and carers who have children aged two years and over with bowel difficulties including:

- chronic constipation
- withholding/refusal
- soiling.

The workshop provides information about:

- normal bowel habits
- causes of difficulties
- medication
- behavioral advice
- dietary/fluid intake.



Pondering Poos dates and times:

Time: 9.30am to 12.30pm

Face to face workshops (adults only)

Friday, 3rd February 2023

Friday, 28th April 2023

Friday, 21st July 2023

Friday, 13th October 2023

Location: Nambour Child and Family Health centre, 5 Waterfall Road, NAMBOUR

Undercover parking available

Telehealth/online workshops

Friday, 3rd March 2023

Friday, 26th May 2023

Friday, 25th August 2023

Friday 10th November 2023

To book contact Child Health Access

5319 4824

NB: There is no child care available.