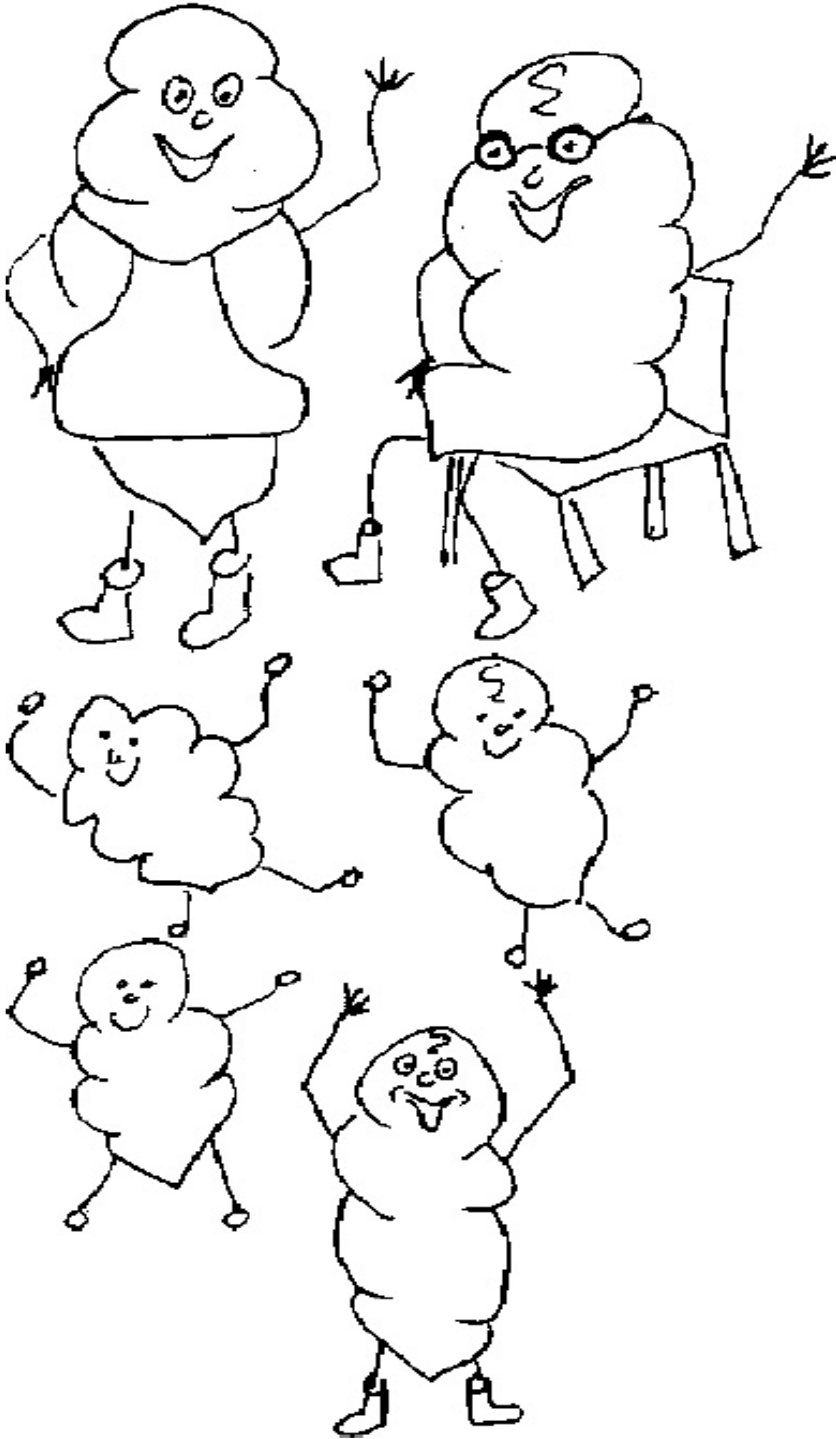


# Poo Goes Home To



Pooland

# By Tamsin Black

## Foreword

Children who suffer encopresis often begin to feel that there is little more to them than the problem itself. In 'Poo Goes Home to Pooland', the problem is embodied in a troublesome character and placed externally to the child. This process aims to place some distance between the child and the blame and shame of soiling. This helps to free them from their fears and may mobilise previously beleaguered resources within the child and their family.

'Externalising' stories have proved valuable in engaging children in behavioural treatment programmes within a family therapy context. However, you may find them useful in combination with your chosen therapeutic style. The most famous incarnation of 'Poo' is 'Sneaky Poo' (see Heins & Ritchie or Williams & Wright). However, the complexity of these stories makes them unsuitable for very young children.

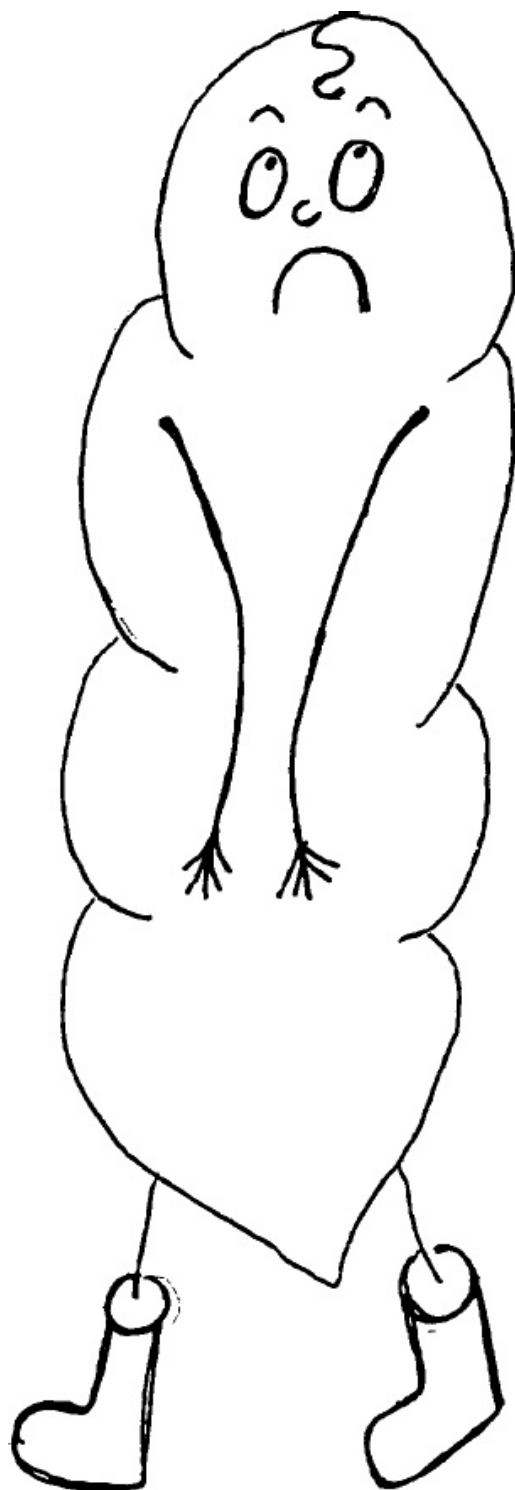
The style and content of 'Poo Goes Home to Pooland' was designed to suit the cognitive development stage of children up to around seven years of age. Individual illustrations and accompanying text are intended to promote understanding of toileting matters and to relieve anxiety. They cover topics such as sharing unhappy feelings and how to recognise when you need a poo.

A colouring book of the story has also been produced to encourage young children to think about the story at home and within their family; this can be photocopied without seeking permission. The clinician's copy is produced in sturdier form for repeated use.

Talking about 'Pooland' might help you to engage a child in getting control of their poo. Alternatively, 'Shy Poo' may inspire you to develop a new character for 'Poo', one to suit the particular personality of the child in your care.

**This is a story about  
Poo.**

Poo is very shy with people.

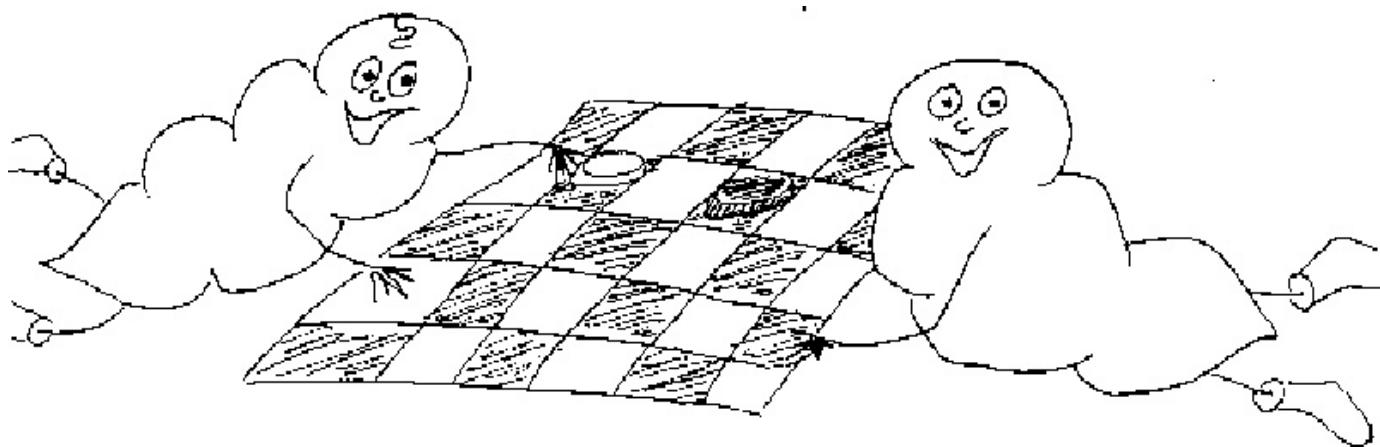


Poo just wants to go home.

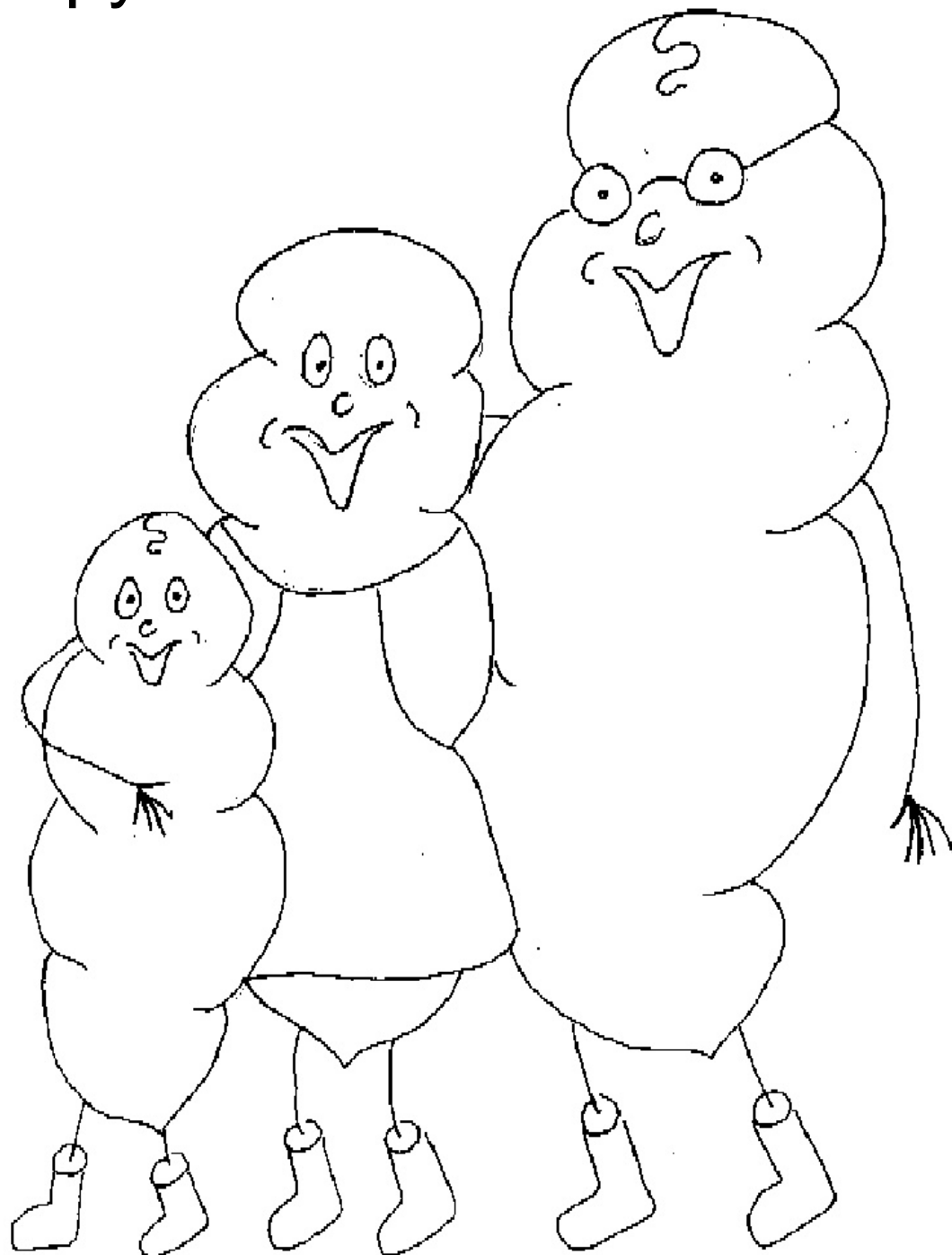
# Poo wants to go home to Pooland



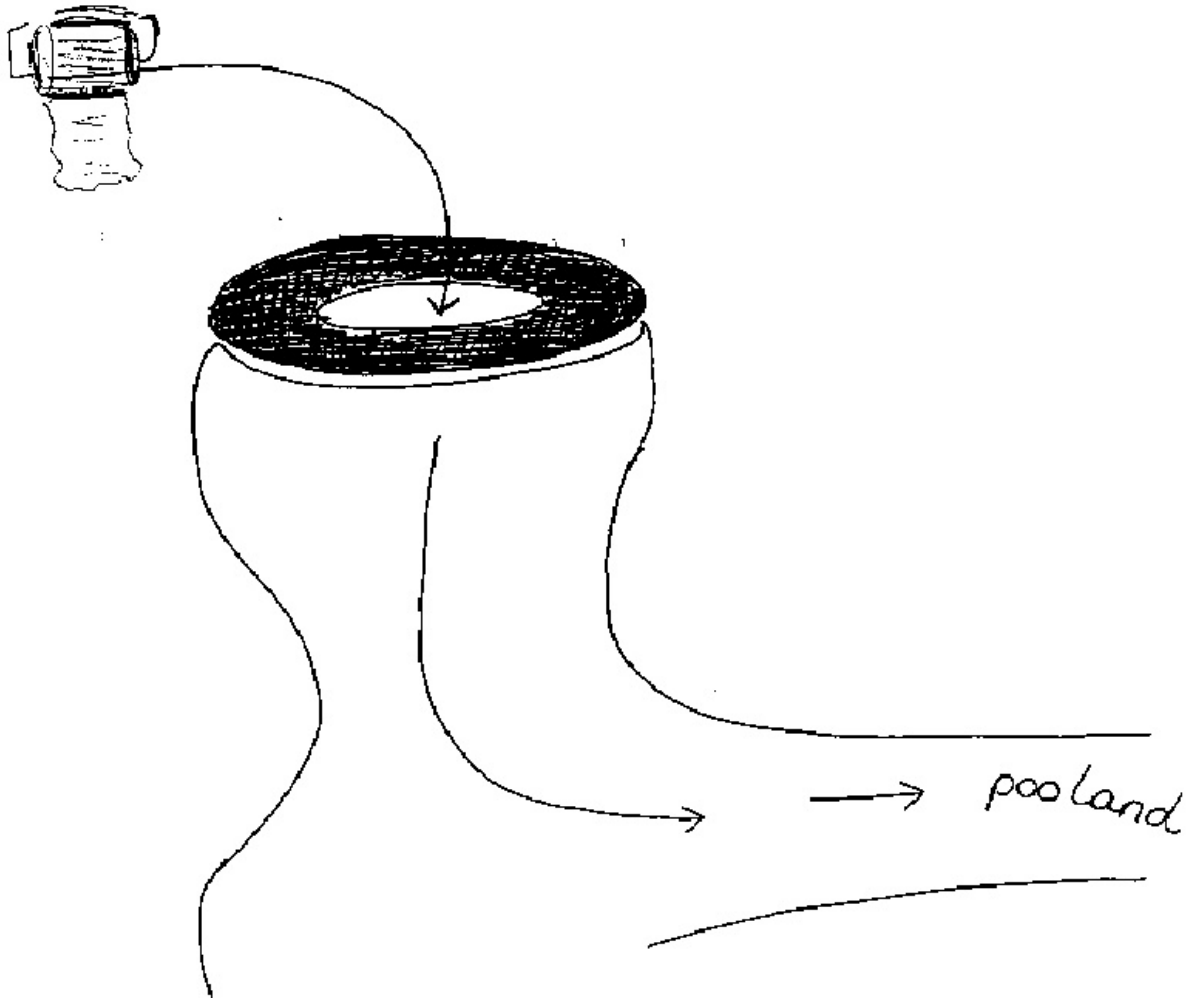
In Poo-land, Poo can tell Poo jokes and play Poo games.



Poo can tell his Mummy and Daddy when he feels sad or grumpy.



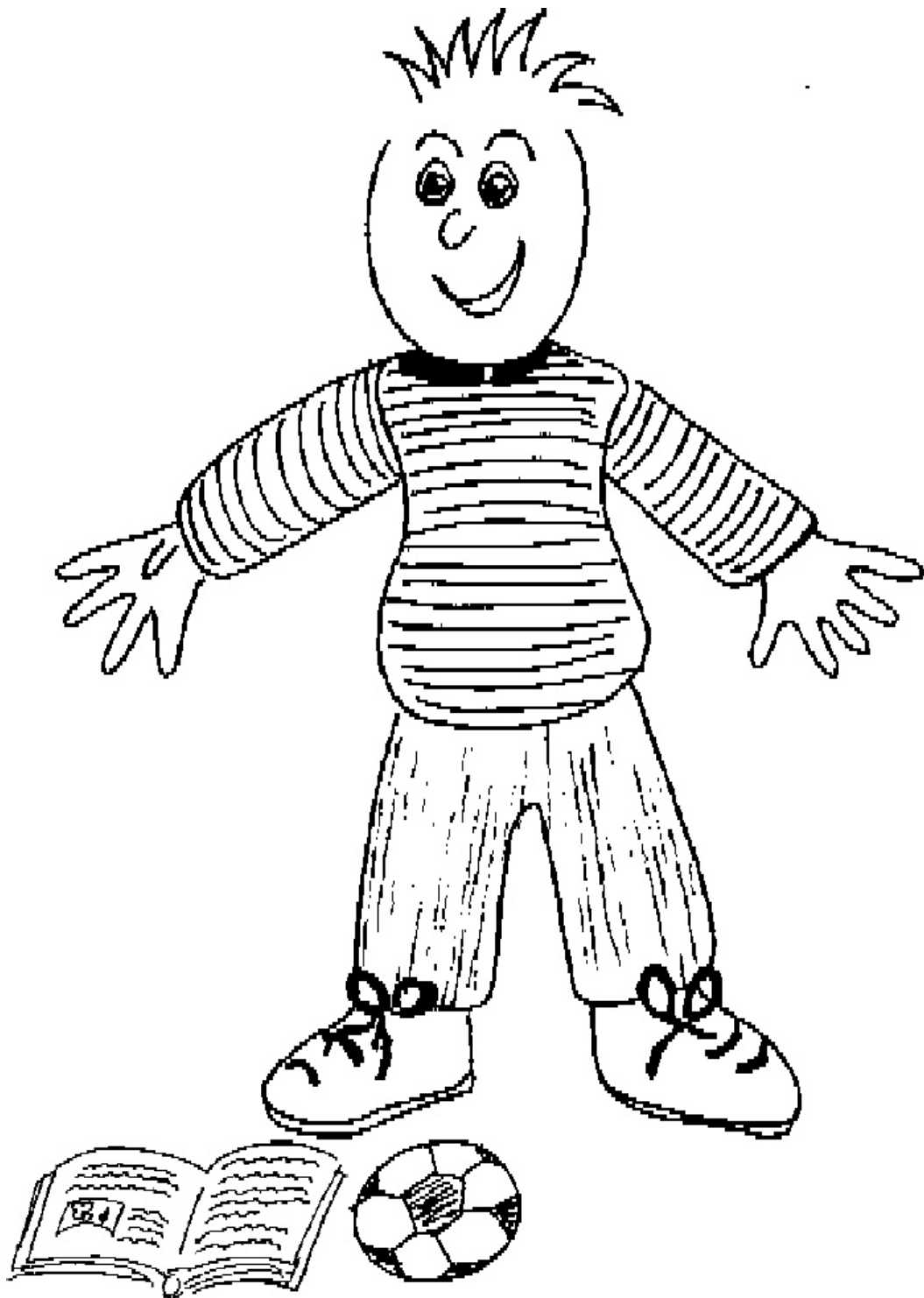
Now, the only way for Poo to get to **Pooland** is down the loo. Ollie has to help Poo get down the loo.



Poos are very shy, so **Pooland** is very far away - much too small for people, even little ones like you.



This is Ollie.



Ollie likes football and reading books.

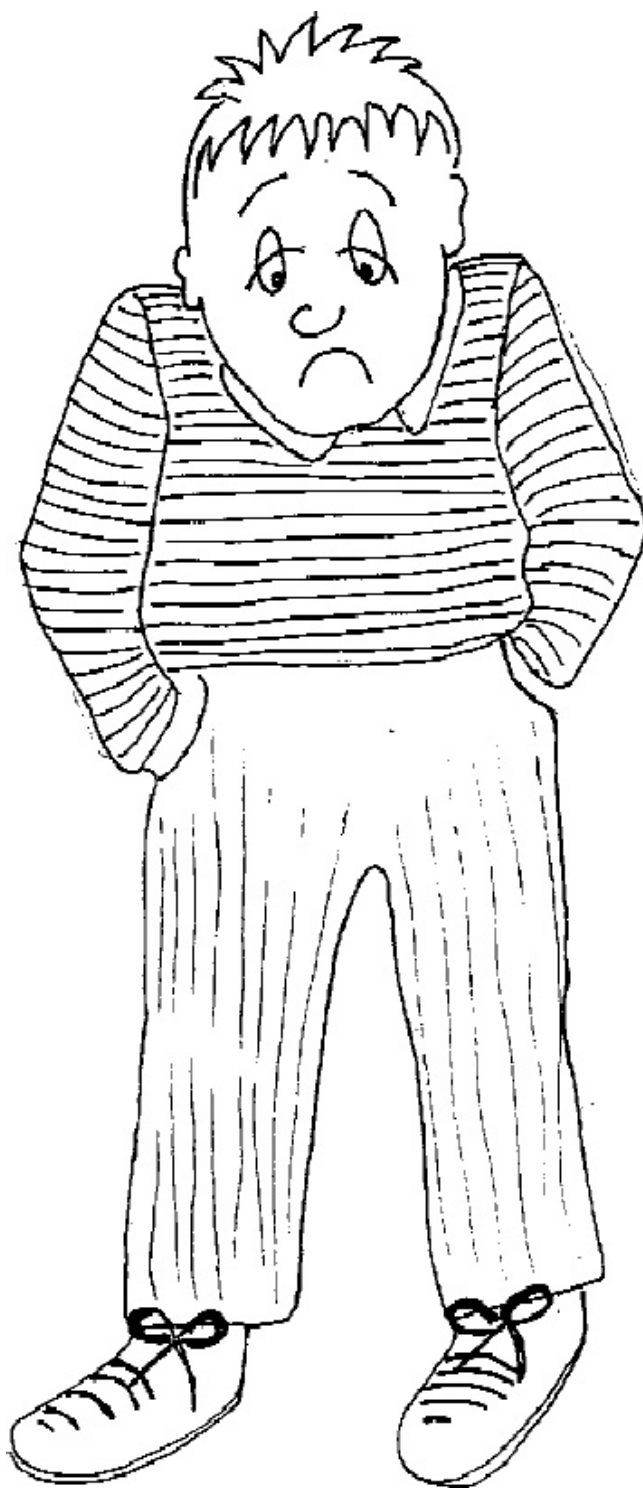
Poo is very, very shy.



Poo tries to stay hidden in Ollie's bottom. Poo needs Ollie's help to send Poo home.

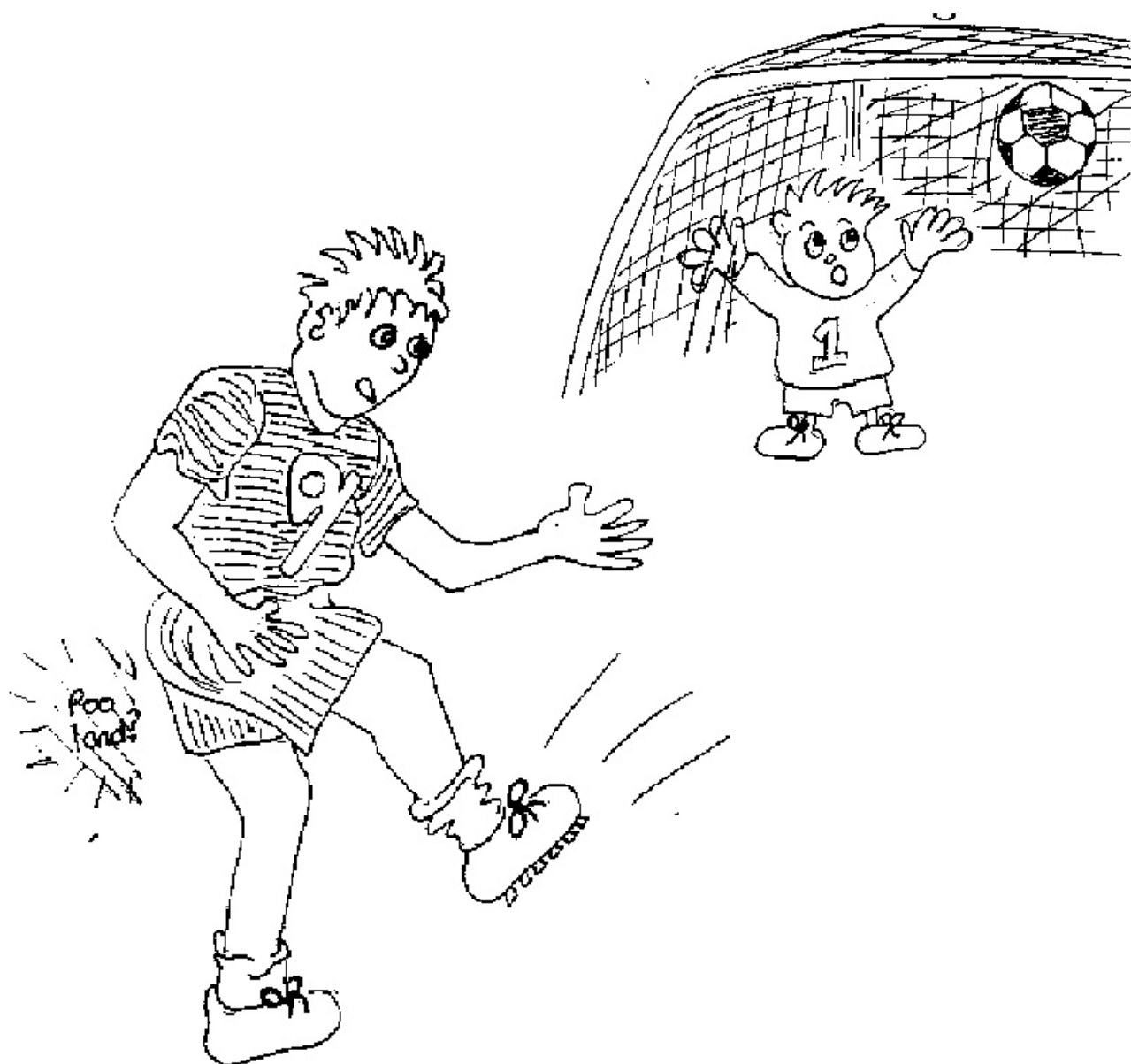
Poo makes trouble for Ollie. He doesn't mean to.

Sometimes Poo makes Ollie feel sad.



Ollie knows that Poo wants to go home, but he doesn't know when Poo is ready.

Poo tickles Ollie's bottom to say,  
'Please send me home to  
**Pooland**, I'm ready!'



But, sometimes Ollie is too busy to notice Poo and Poo nips back inside again.

Sometimes Poo burps (this can be smelly) to let Ollie know when he is ready to go home.



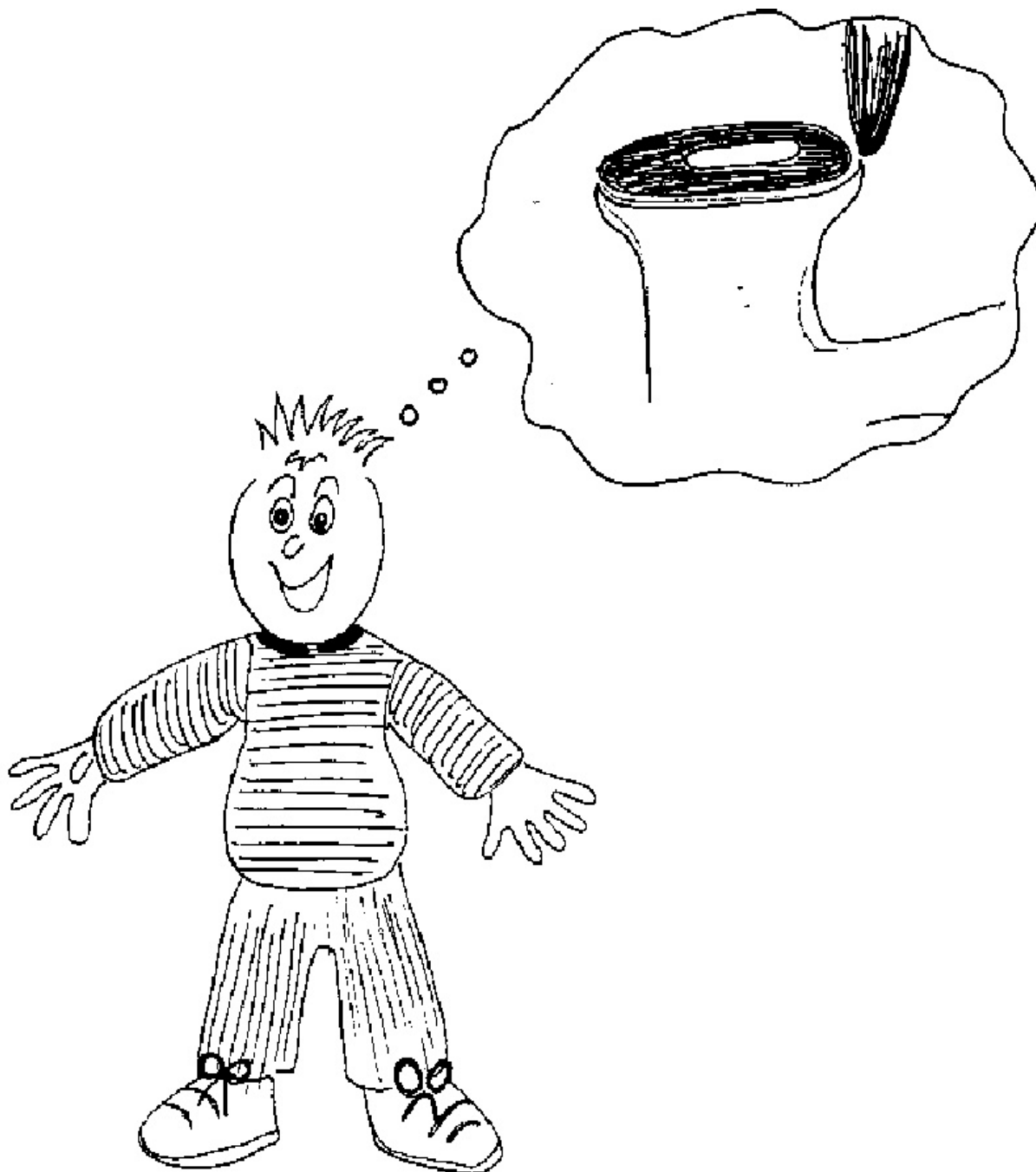
Ollie has to say, 'Pardon Me!'

When Poo feels really brave, he taps Ollie's tummy to say, 'Please send me down the loo to be with other Poos.'



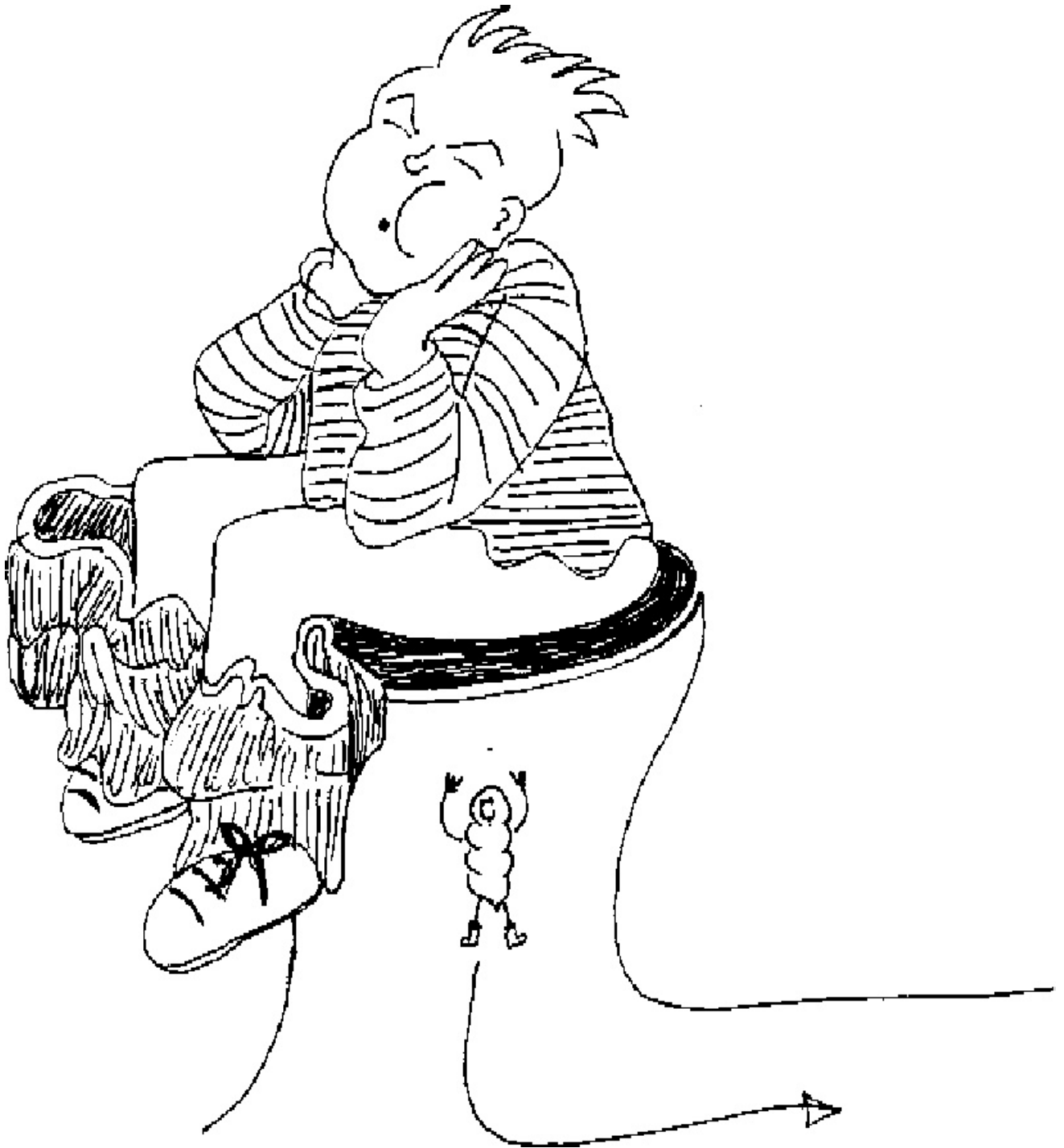
Ollie gets a funny feeling in his tummy.

But, when Ollie listens to Poo, Ollie knows just what to do.



How does Poo tell Ollie when he wants to go home?

With a big push or two, Ollie sends  
Poo down the loo to **P**ooland

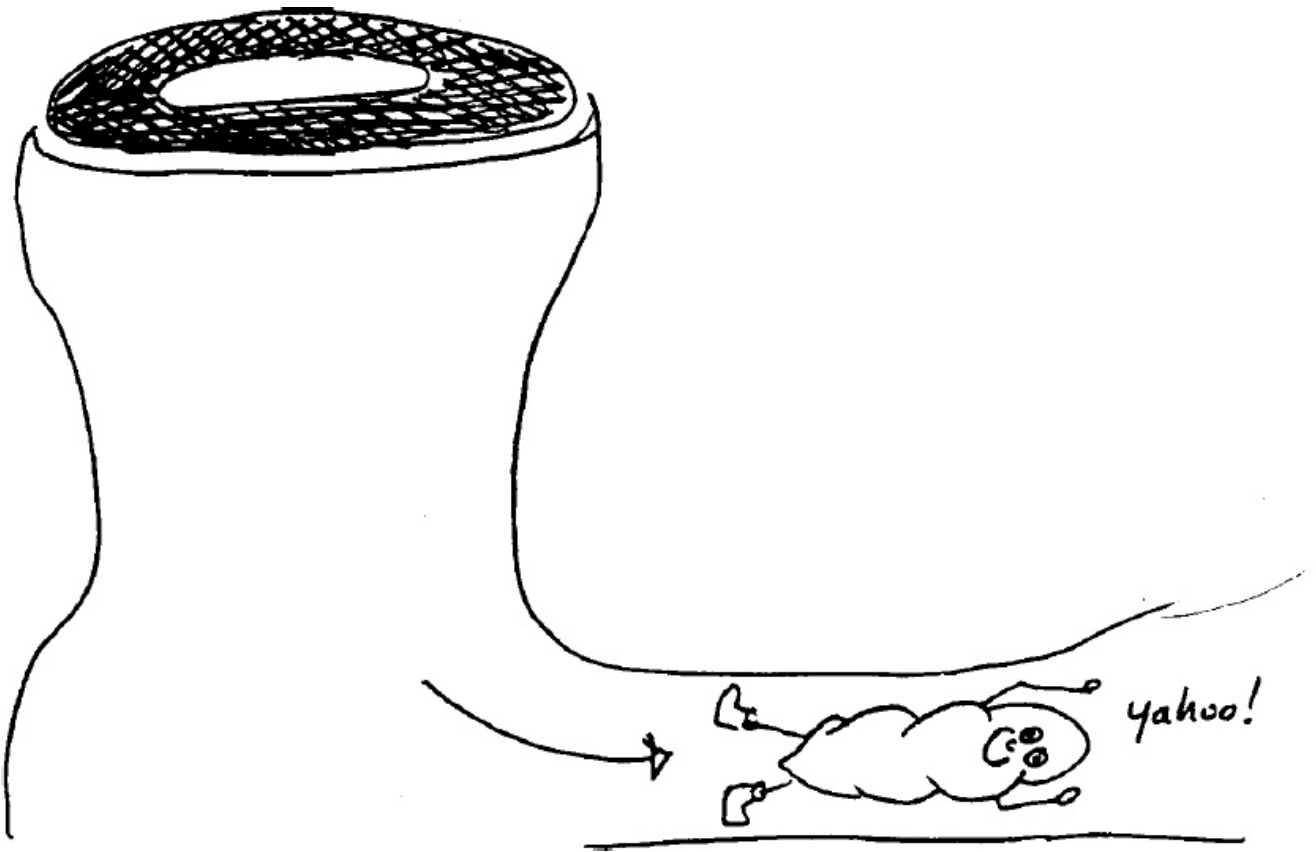




A flush of the loo

Good bye to Poo

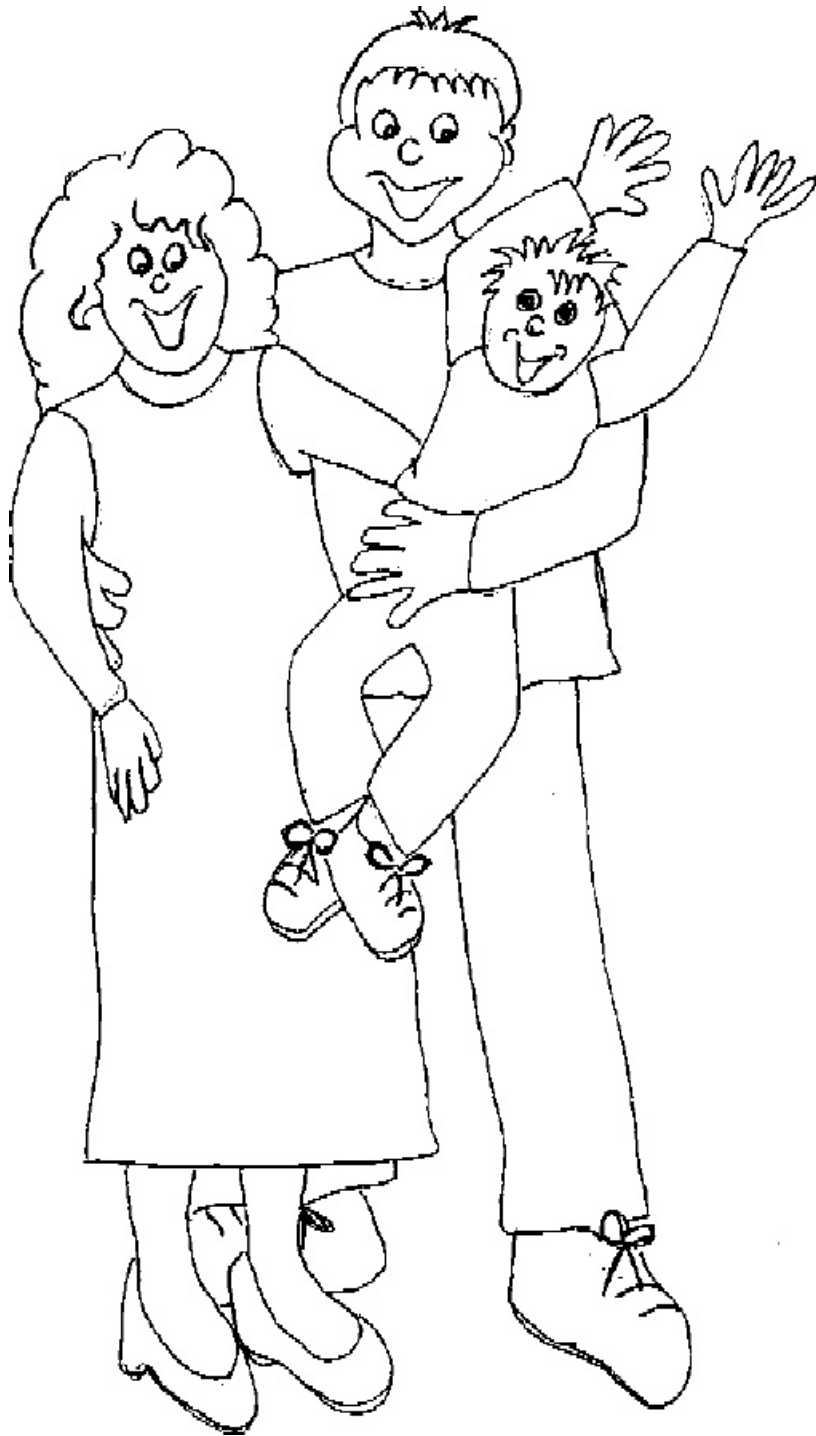
Yahoo!



Poo is really happy in Pooland  
with all the other Poos.



Ollie is very happy.



Ollie is proud that he helped Poo to go home. Ollie's family are proud of Ollie too.

# For Frederick and Sophie

Tamsin Black is in her final year of Doctoral Training in Clinical Psychology at Newcastle University. 'Poo Goes Home to Pooland' was developed under the clinical supervision and theoretical guidance of John Sands, Clinical Psychologist at the Linhope Unit, Ashington, part of Northumberland, Tyne and Wear NHS Foundation Trust.

Many thanks to John Sands for his encouragement and sound advice.

Thanks also to the real 'Ollie' (aged 4), whose imagination and sense of humour finally got the better of his anxieties.