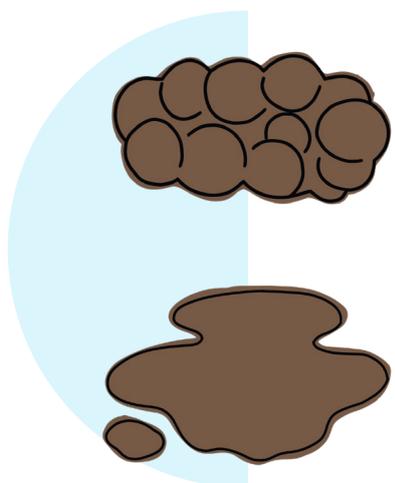


# Are you worried about your poo?



Do you have a **sore tummy**?

Does **pooing feel sore**?



Is your poo **hard or lumpy**?

Is your poo **runny**?



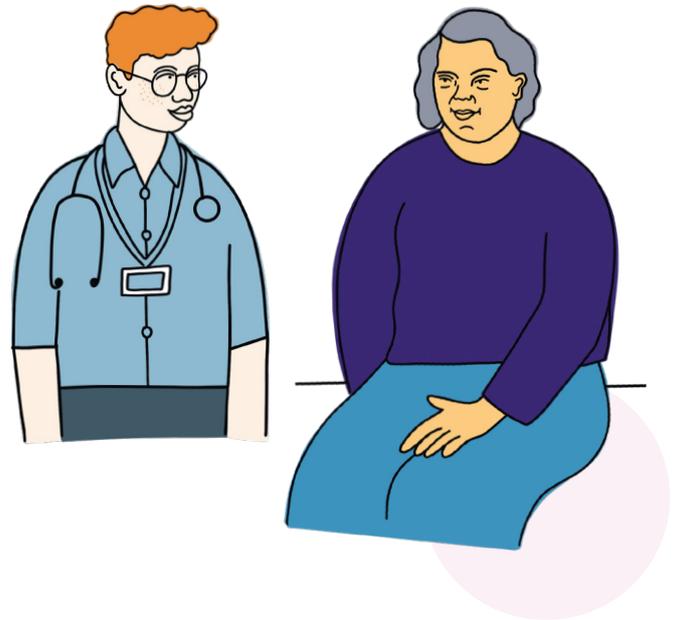
Are you pooing **less than usual**?

## What is constipation?

Constipation is when you find it **hard to poo** or poo less often than usual.



If you are constipated, you need to **get help** to make sure you don't get ill.



## What to do

If you have any of the signs, **tell someone you trust.**

This could be someone in your family, or a carer.

They will arrange for you to **get the help you need.**



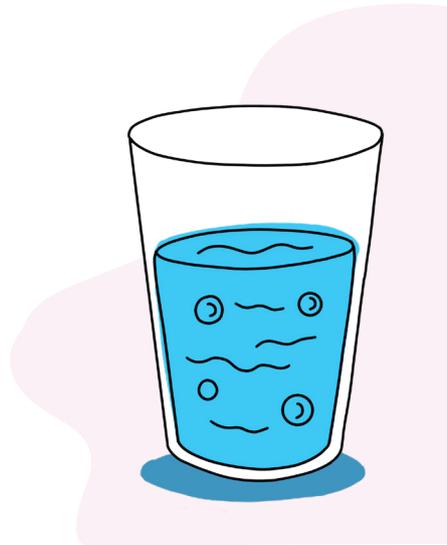
## Things that can help

You can help to keep your poo healthy by:

Eating a balance of different foods. This should include **fruit and vegetables**.



Drinking plenty of **water**.



Doing something **active** every day, like going for a **walk** or **dancing**.

