

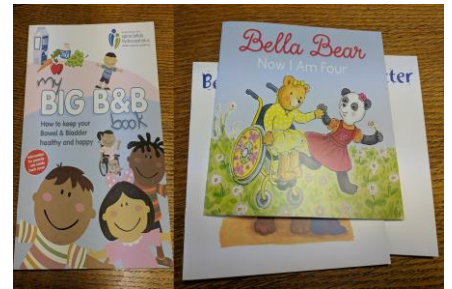
## Shine's Recommended Continence Confident List

Shine knows that reading really matters for language development and recommends books with a positive and inclusive message for babies, children and young people every month. Over the past year, Shine has recommended picture books, short stories, interactive books and novels for children and young people with spina bifida and/or hydrocephalus.

Parents and carers often ask Shine for recommended books about continence so that their children can become continence confident. Shine, as well as other charities and organisations, have several publications to help children to understand their condition, which are listed below:

Shine publications:

- Bella Bear Books - 'Our New Baby' and 'Now I am Four'
- My Big B&B Book – How to keep your bowel and bladder healthy and happy



Books published by Continence Organisations:

Hollister

- 'Russell - Swimming success'
- 'Millie goes to camp'

Coloplast

- 'Katie and her catheter'
- 'Charlie and his catheter'
- 'Perry and Tina Bowel management'

Mitrofanoff

- 'Just like you and Smarty'

LoFric

- 'Derek the Dolphin'

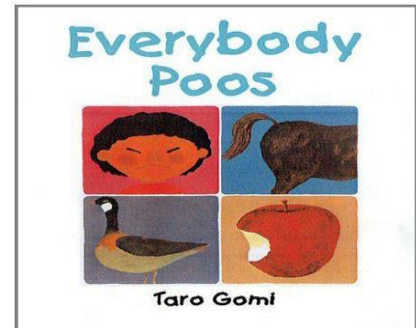


ERIC – Children's Bowel and Bladder Charity

- 'A Girl like you' and 'A Boy like you' for 6-12 years
- 'Pirate Pete and the Fearsome Skids' free to download  
<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=4b7f537f-8b27-4e32-8a87-0f8f11f66b05>
- Help at school FAQs - <https://www.eric.org.uk/help-at-school-fags>

### General Books for Children about Continence

- 'Everybody Poos' by Taro Gomi
- 'I want my Potty!' by Tony Ross
- 'On my Potty' by Leslie Patricelli
- 'Who's on the Loo?' by Jeanne Willis
- 'Pip and Posy – The Little Puddle' by Axel Scheffler
- 'Softy the Poop' by TR Duhamel and website <https://www.theinsandoutsofpoop.com/>



### When Out and About

- Bladder and Bowel UK have 'Just Can't Wait' cards and resources for when talking about going to the toilet - <https://www.bbuk.org.uk/wp-content/uploads/2016/12/A4-TALK-ABOUT-GOING-TO-THE-TOILET-2017-1.pdf>
- Changing Places has a list of accessible toilets - <http://www.changing-places.org/news.aspx>
- Special Education Resource Centre, SERC, has 'I Can't Wait' cards and Toilet Time resource pack <http://redbridgeserc.org/resources/entry/toilet-time-resource-pack-helping-children-with-special-needs-understand-to>
- The Breakaway Foundation supports children with bladder/bowel dysfunction/diversion and their families, providing Buttony Bear free to children undergoing surgery for a stoma or ACE procedure. <https://www.breakawayfoundation.org.uk/buttony-bear/>