Step-by-step guidance for parents and others on how to help children and adolescents who soil themselves, using techniques shown to be effective in scientific studies.

Soiling is a distressing and often stigmatizing problem that is common in children and can also affect adolescents. This clearly written book shows parents and carers how to assess and treat soiling problems effectively. Whether the problem is soiling with or without constipation, toilet refusal, or soiling with wetting, the chapters provide step-by-step instructions and concrete ideas to help children and adolescents achieve continence. All recommendations are based on the latest scientific studies and guidelines such as those of the International Children’s Continence Society (ICCS). Useful charts and questionnaires help identify the exact problem, track progress on a daily basis, and increase motivation. This practical guide is ideal for parents as well as for teachers, educators, and caregivers.

See also the companion volume Wetting in Children and Adolescents.