



# Softy the Poop: Helping Families Talk About Poop

*Thomas R DuHamel PhD*

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## **Softy the Poop: Helping Families Talk About Poop** Thomas R DuHamel PhD

"Softy the Poop: Helping Families Talk About Poop" is a fun, colorfully illustrated book for toddlers, preschoolers and kindergarteners that teaches them the difference between normal poop and constipated poop. Softy tells kids why it likes to be soft and why it does not like to be hard. Softy encourages kids to eat the food that keeps their poop soft and to try to poop on the toilet every day. Softy makes it fun for kids to poop on the toilet. The book also includes "Poop Notes for parents" and a drawing activity for the kids. Most parents are uncomfortable talking about poop. They are also uncomfortable when their children talk about poop. Unfortunately, when families do not talk about poop, children are more likely to become constipated. "Softy the Poop" is intended to prevent severe childhood constipation (encopresis) by educating children and parents and by facilitating healthy parent-child conversations about poop.

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