

**THE ADVENTURES  
OF**

**PROPSY**

**THE POO**

Written by Di Collis  
Illustrated by Jacqui Nix

Dear parent.

This book is written for young children, between 3-5 years of age, who are having difficulty using the toilet for poos. This might be because of:

- an experience of constipation and painful defaecation
- a change in the child's life such as the birth of a brother/sister or
- a fanciful or fearful idea the child has imagined.

It is recommended that you read the story to your child and watch how they respond. Let the story work subtly: avoid over-explaining or telling your child what you want them to do.

This book should not be used in isolation. It is important to seek your doctor's advice. Your child might need investigation and treatment. You might also see an occupational therapist or psychologist to help manage the problem.



Di Collis Occupational  
Therapist

Produced and printed in the Occupational Therapy Department, Gold Coast Hospital.

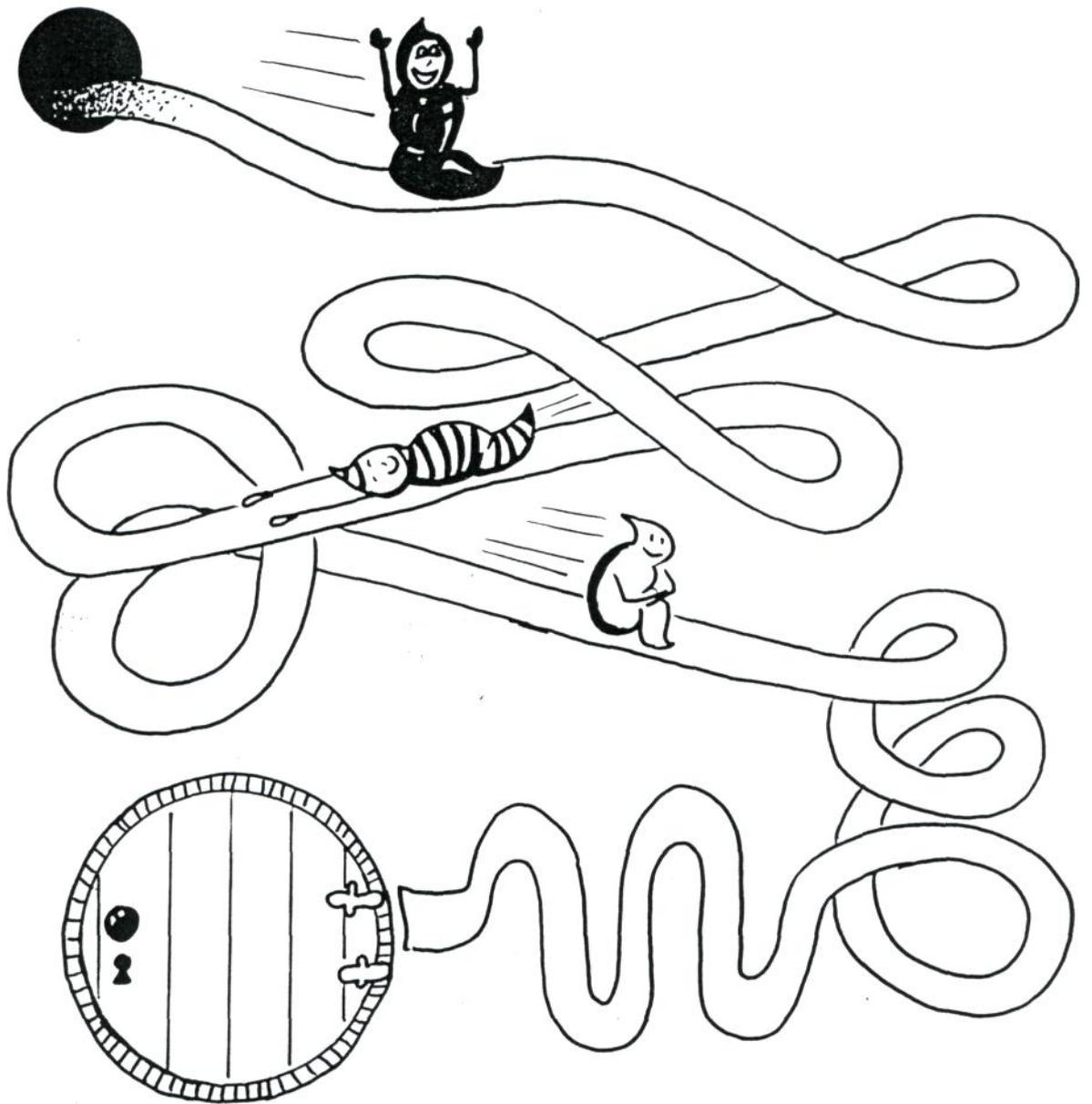
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Plopsy was a poo. Plopsy lived with lots of other poos inside the body.

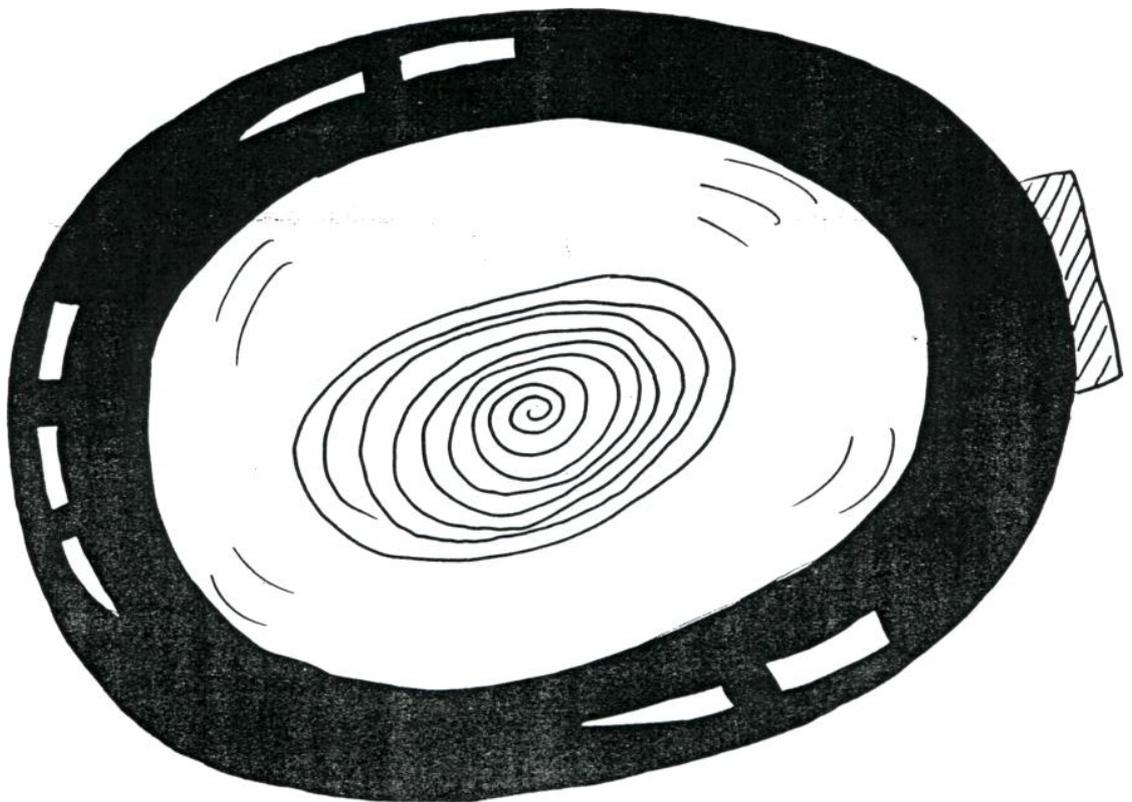


The poos had a lot of fun playing together inside the body. There were slippery slides with lots of twists and turns and bumps. There was flowing water to keep the slides very slippery and FAST!

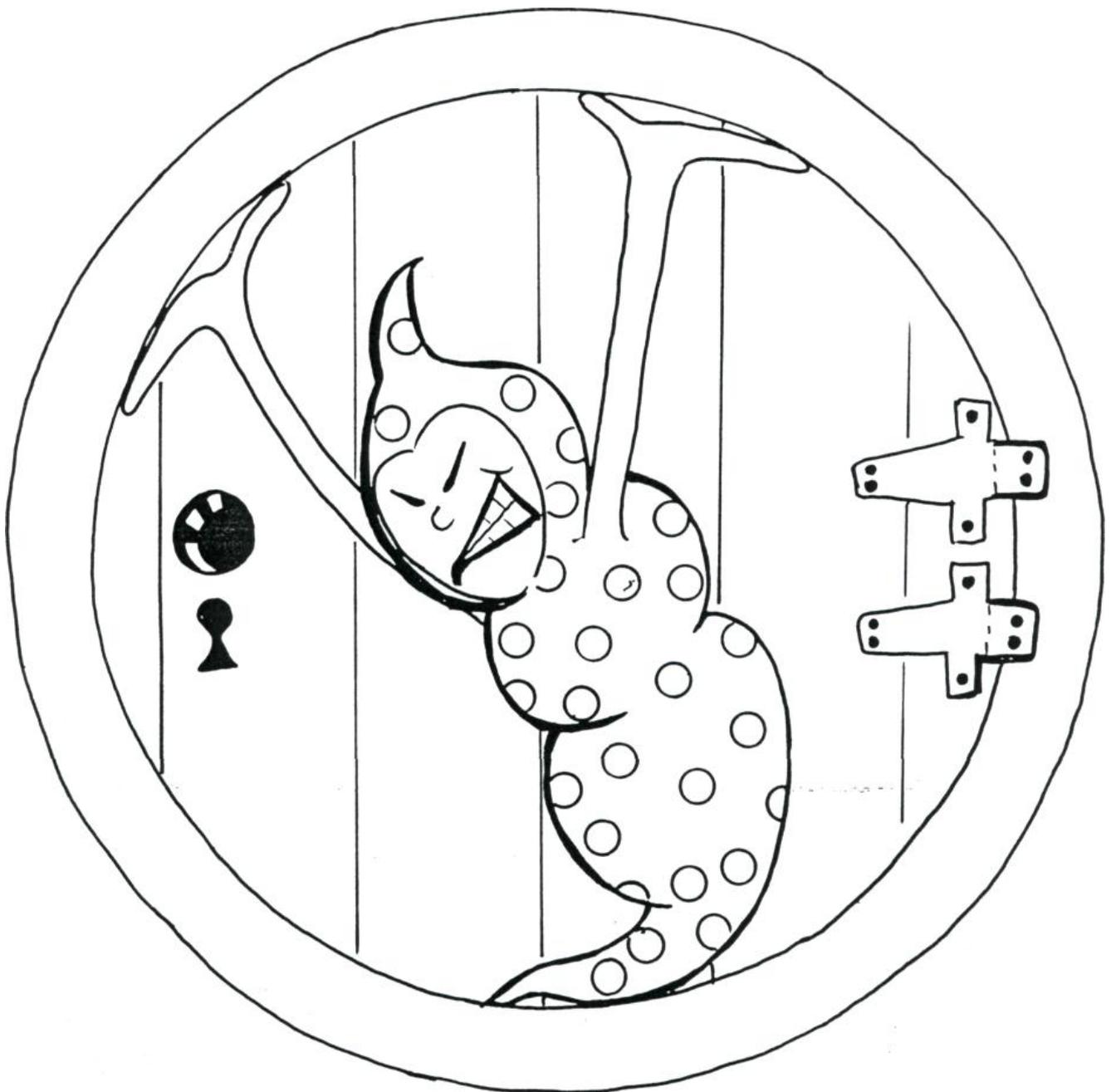


At the end of all the slippery slides was the ROUND DOOR.

Every now and then the ROUND DOOR would open so the poos could jump out of the body into the BIG POOL.



When it was Plopsy's turn to jump out the ROUND DOOR, Plopsy decided not to go. Plopsy held the door shut very tightly. There was NO WAY Plopsy was going to jump into the BIG POOL.

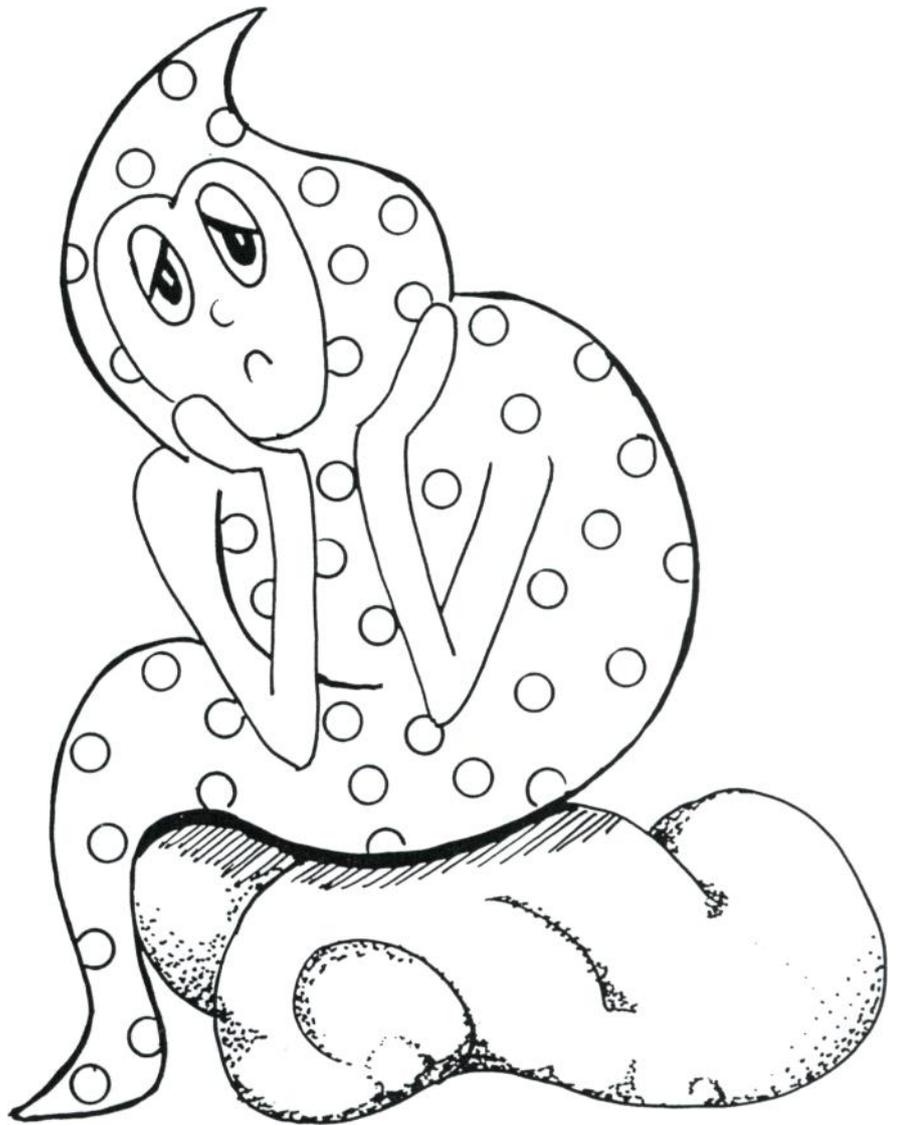


Everybody asked: "WHY won't you jump Plopsy?"

Mother Poo looked worried and sad.



Plopsy felt sad too. How come all the other poos could open the ROUND DOOR and jump into the BIG POOL but Plopsy could not?



Plopsy decided to go and visit wise, old Grandpa Poo and ask what to do about this.

Grandpa Poo told Plopsy that one day HE did not want to open the ROUND DOOR either.

He was SCARED he would get stuck.

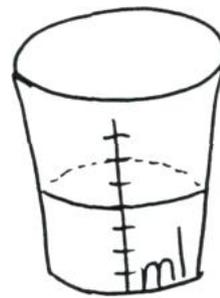
He was WORRIED it would hurt.

He didn't even know how to swim!



This is what Grandpa had decided to do.

He asked the body to  
 drink lots of water...  
 to make the  
 slide extra slippery,  
 And to take a  
 special medicine...  
 to help the door  
 open wide.  
 He put 'floaties'  
 on his arms...  
 so he could swim  
 and,  
 crossed his fingers on  
 BOTH hands ...  
 for good luck.

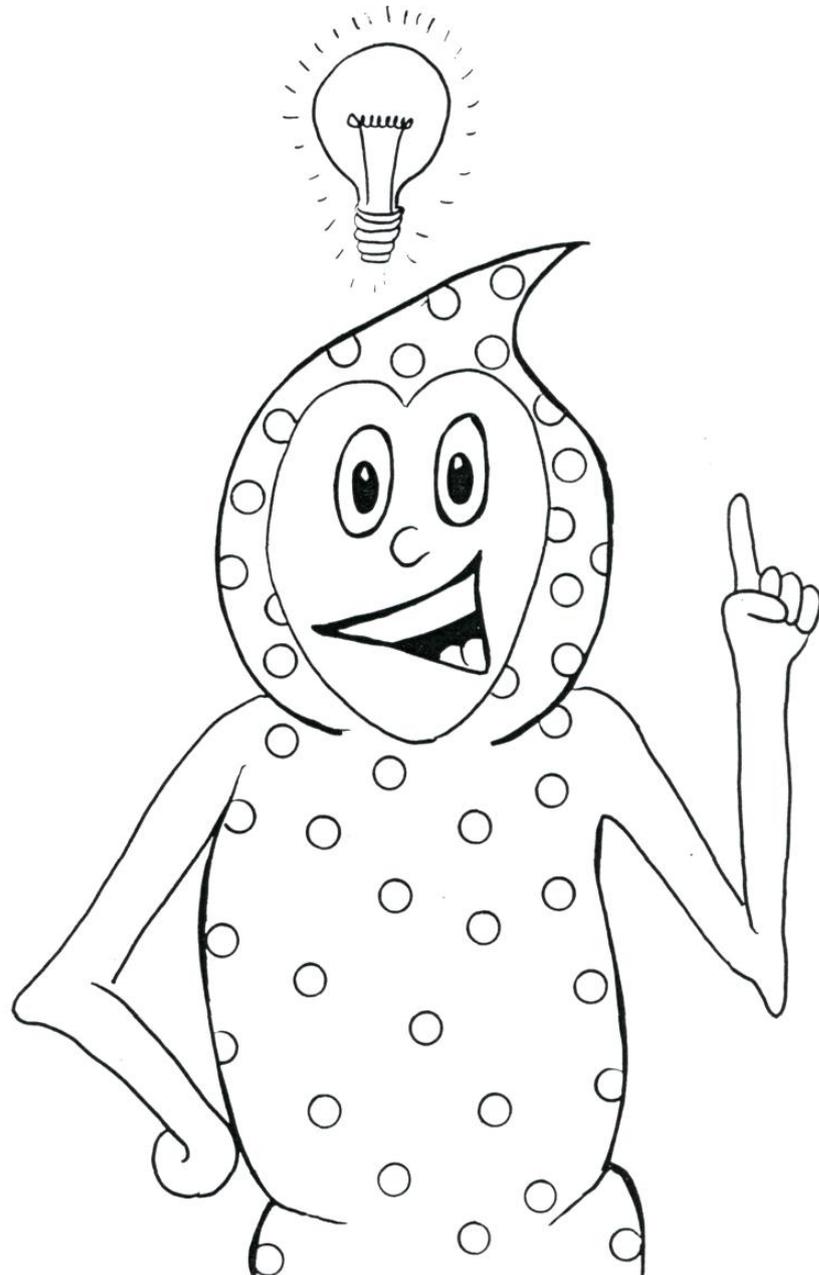


and he said:

"Let me out the ROUND DOOR,  
 Keep me safe and not too SORE,  
 Help me swim in the BIG POOL,  
 Jumping in is so COOL!"

Plopsy played inside the body for a little while longer but it wasn't so much fun now that the other poos had left.

Plopsy decided **NOW** is **MY** turn to open the **ROUND DOOR** and **JUMP!**



So Plopsy..

Asked the body  
to drink lots of

.....(water),

Asked the body  
to take special

.....(medicine),

Put the floaties  
On both

.....(arms),

and

Crossed fingers on  
hands).



And Plopsy said:

"Let me out the ROUND.... (DOOR)

Keep me safe and not TOO ..... (SORE)

Help me swim in the BIG.....(POOL)

Jumping in, is so ..... (COOL)"

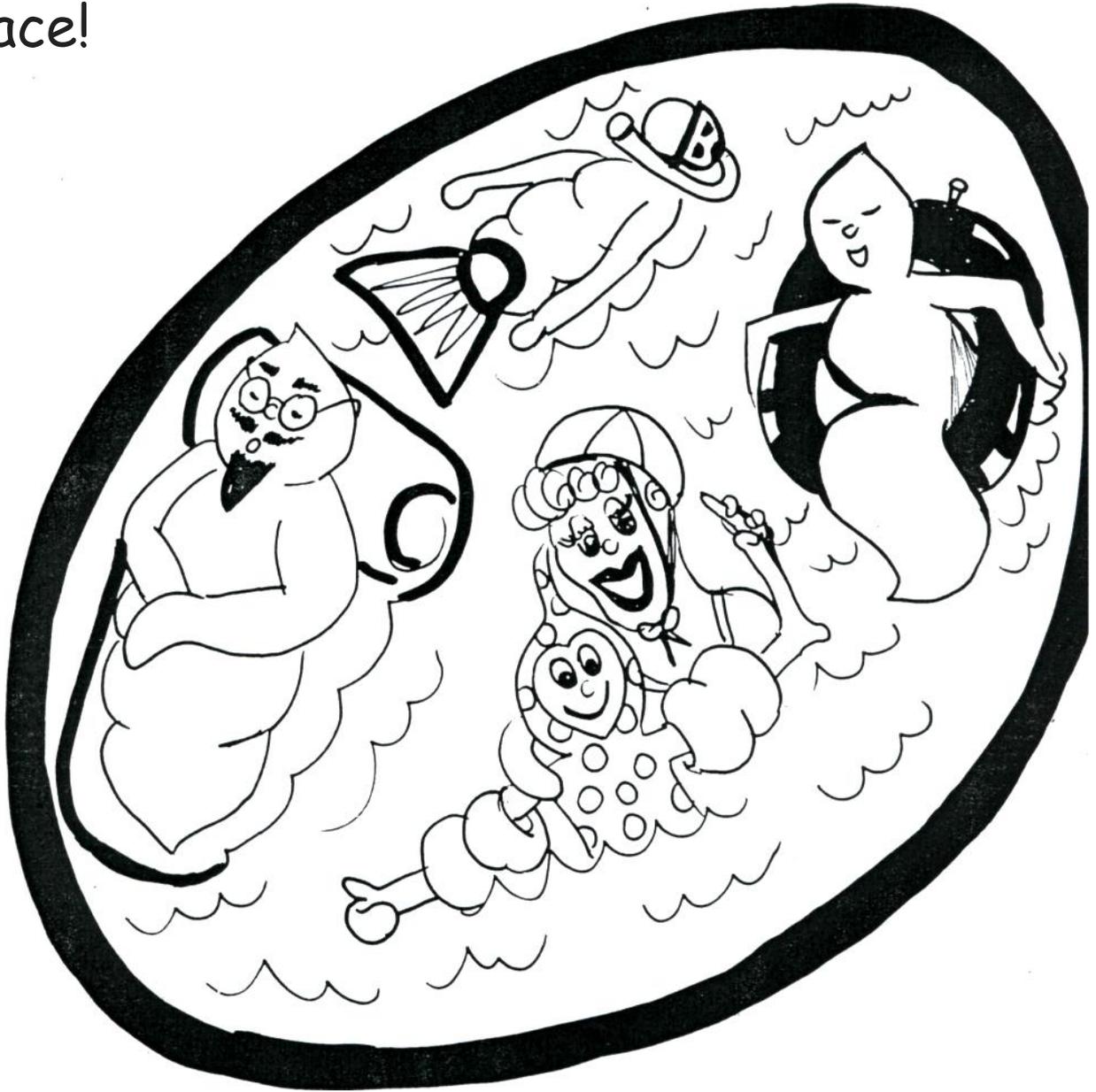
GUESS WHAT HAPPENED ?

Plopsy opened the ROUND DOOR,  
jumped with floaties on both arms,  
fingers crossed and EYES CLOSED  
TOO! Then...

**PLOP!!!!!!!!!!!!**



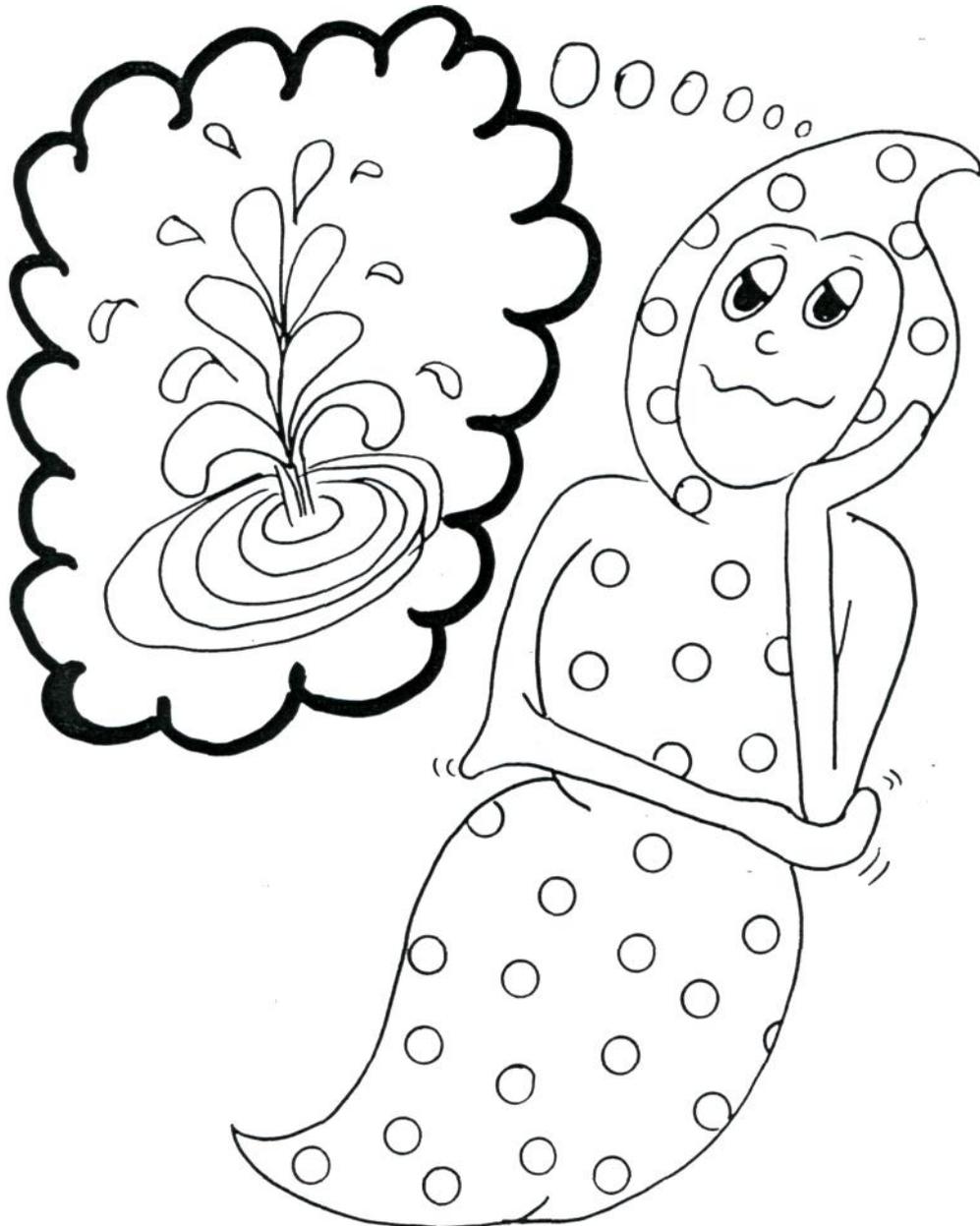
Plopsy was in the BIG POOL. There were lots of poo friends to play with and Mother Poo had a great, big smile on her face!



But the happiest poo of all was Plopsy. It was a little bit scary but it wasn't as bad as Plopsy thought it would be. In fact Plopsy liked the feeling of splashing in the water!

Then Mother Poo told Plopsy that every poo that jumps into the pool can make a special wish. What did Plopsy want to wish?

Plopsy thought very carefully about what the wish should be.



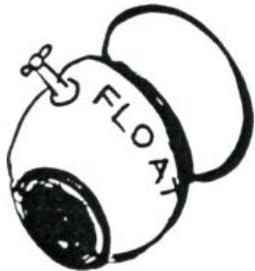
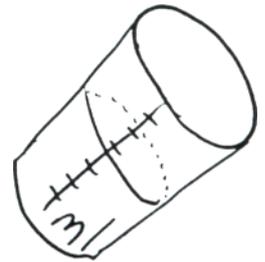
Finally...Popsy said "Can I jump into the BIG POOL EVERY DAY because I think I like it now!! Mother Poo said 'Yes'.

And if Popsy was ever scared again there was always Grandpa Poo's advice:



Ask the body to  
drink lots of.....

Ask the body to  
take special .....



Put the floaties  
on your .....

Cross your fingers  
on .....



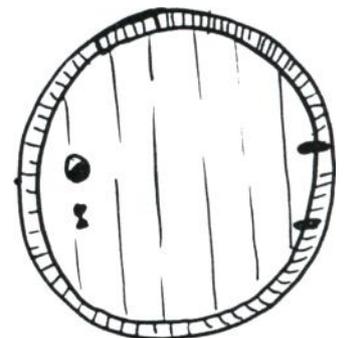
And say:

"Let me out of the.....

Keep me safe and not  
too .....

Help me swim in the  
.....

Jumping in, is so ....."





The End