

November 2023

Dear Parents and Carers

ERIC resources

Short video introducing ERIC - <https://eric.org.uk/about/>

Short video going through Eric's website <https://vimeo.com/827262258/9587cec794>

Advice sheets (these are a perfect starting point as they give an overview of each condition)

[Advice for children with constipation - ERIC](#)

[Advice for children with daytime bladder problems - ERIC](#)

[Advice for children with night time wetting - ERIC](#)

Guidance for nurseries, schools & colleges - [Managing-Bowel-and-Bladder-issues-in-nurseries-colleges-and-schools-2022.pdf \(eric.org.uk\)](#)

Free downloadable potty training package for early years settings - [Potty Training Package for Early Years settings - ERIC](#) (This may be updated shortly)

ERIC signposting poster for display at your setting - [ERIC Poster July 2021](#)

3 step Go Potty method - [Potty training: how to start & best age to potty train - ERIC](#)

Potty training podcast recorded by Rebecca Mottram for My First Five Years - [Updated Potty-Training Guidance – Start From 6 Months - My First Five Years | Podcast on Spotify](#)

Thinking about wee and poo now you've reached the age of 2 (English version) - [thinking-about-age2-eng-webaccessible.pdf \(eric.org.uk\)](#)

Webinar for parents and carers – Talking about wee and poo – the next one is 23rd May - [Talking about wee and poo - parent / carer event - ERIC](#)