

# UNDERSTANDING WHY POSITION MATTERS

ON THE LOO WHEN MAKING A PEE OR  
POO



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# Why position matters when making a POO



## WHEN WE SQUAT:

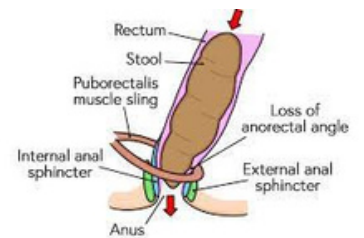
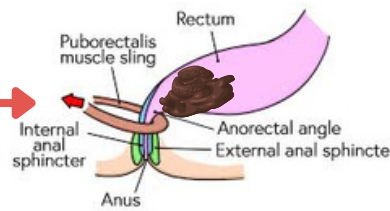
1. The pelvic floor lengthens/ lets go/ opens



2. The rectum goes from being pinched to being straight



3. And the Poo can come out easily- it doesn't have to go over the corner



## CORRECT TOILET POSITION IS ESSENTIAL

1. Knees should be slightly higher than hips



## CORRECT BREATHING ON THE TOILET IS ESSENTIAL

1. Inhale- BELLY BIG
2. Hold- BELLY HARD
3. Exhale- BLOW

Use bubbles, pin wheels or party blowers



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ALWAYS PUT YOUR FEET ON A FOOT STOOL

