

Why Squat?

We recommend a forward leaning squat position when toileting your child - but why is this so important?

Perfect Posture - Squatting is recognised as the healthiest way to pee and poo and is widely recommended for constipation.

Relaxes The Pelvic Floor - Squatting enables the pelvic floor muscles, which surround the passageways from the bladder and bowel, to relax downwards, making toileting easier for your child.

Natural Bowel Alignment - Squatting opens out the normal 'kink' in the rectum which helps to keep us continent. Instead of straining, this allows gravity to do the work, naturally.

Quicker & More Comfortable - Research shows that people who squat report less straining and take less time to go.

Improves continence - Recent studies have shown a positive link between squatting-based exercises and reduced daytime and night time incontinence in children!

Stretches Muscles - The squat posture provides an extra stretch to muscles around the hip joint - these are often shortened and tight in children with neurological impairments.

Reduces Dystonic Movements - By closing angles at the hip, knee and ankle, fluctuating movements can be reduced.

