

Bladder and Bowel UK (formerly PromoCon), working as part of Disabled Living Manchester, provides impartial advice and information regarding wetting and soiling problems as well as products, such as bed protection and enuresis alarms. Also services and treatments for children and adults with bowel and/or bladder problems via our confidential helpline and website.

Bladder and Bowel UK has produced a range of resources for children with wetting and/or soiling problems, the majority of which are free to download from our website.

Other booklets in this series:
Henny's Success - a story book for children with soiling problems

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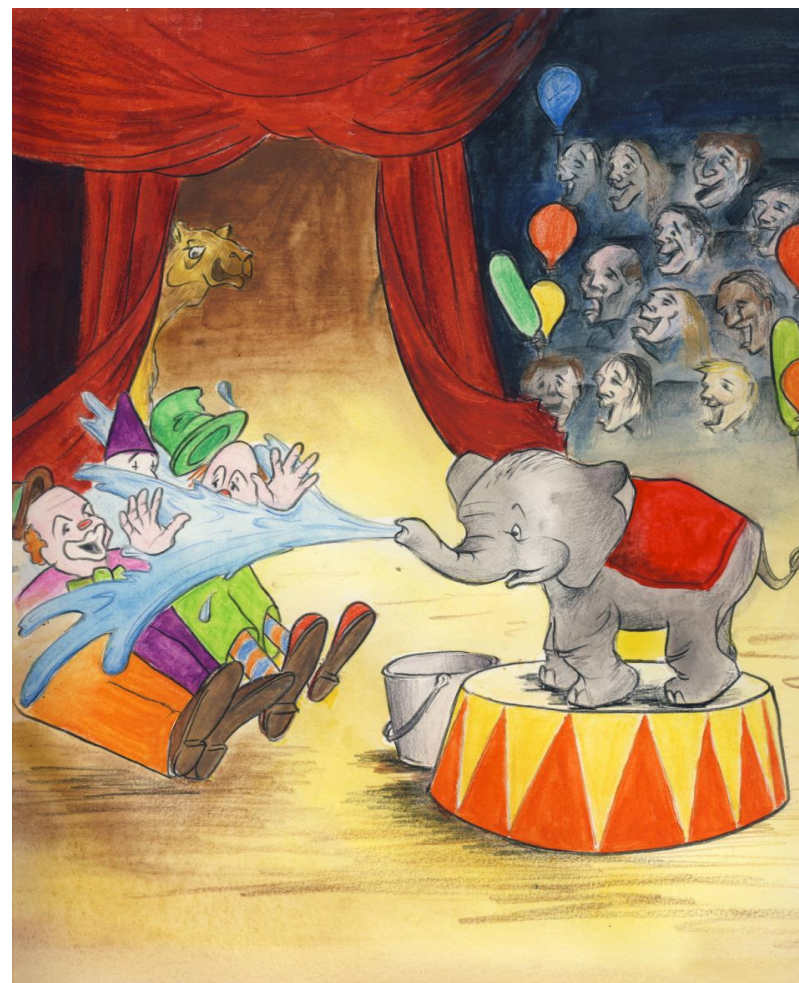
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Elly's success!

A metaphorical 'healing' story for children with wetting problems



Metaphorical (healing) story telling

Metaphorical stories are a way of helping introduce therapeutic ideas and techniques, which can be used as a way of healing, learning and guidance, and of changing unwanted behaviours.

Metaphors in this way use a story or illustration to see alternative ways of looking at a problem, in a way that a child will understand and hopefully relate to their own problem. They can be used in a number of areas and by focusing on the role of metaphors help children to visualise feelings and situations that may relate to them. They have an ending which brings about resolution of the problem

This particular story is about Elly the elephant who has to learn to hold on to the water in his trunk so that he can squirt it out at the clowns – this story relates to children who have a wetting problem and need to learn to stay dry. The story reflects disappointment because of the problem but then success and happiness once the problem has been overcome.

It is suggested that while reading the story the feelings of Elly are explored with the child – for example asking the child why Elly feels sad.

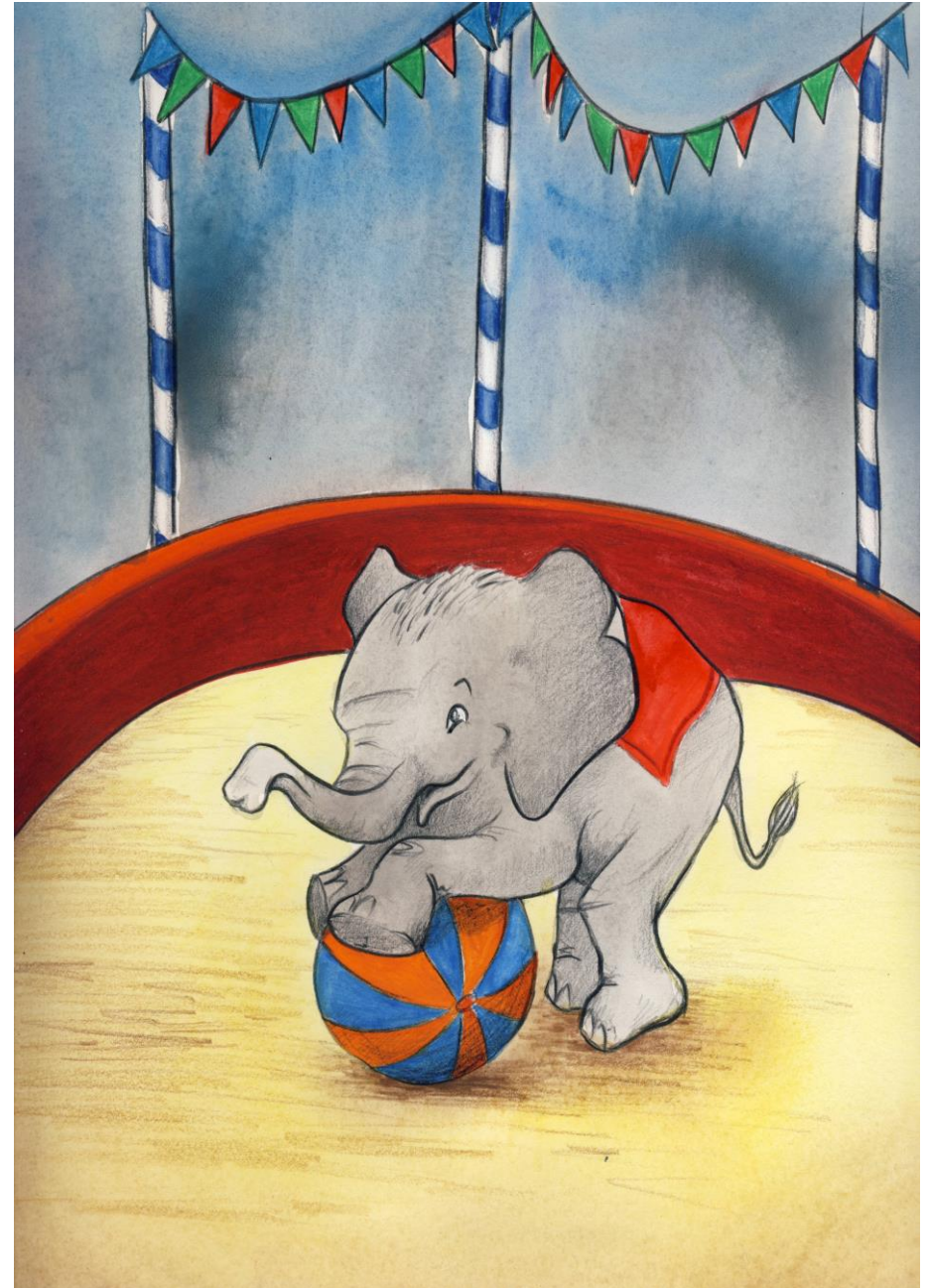
Also the child could be asked how they think Cammie the Camel could help Elly.

The pictures can be used to prompt discussions with the child and help the child identify with the characters.

Elly the little elephant lived in the circus and every day he would watch all the other animals and circus people perform their acts.

Elly's greatest wish was to appear in the Big Top and when no one was watching he would go into the circus ring and pretend he was a star.

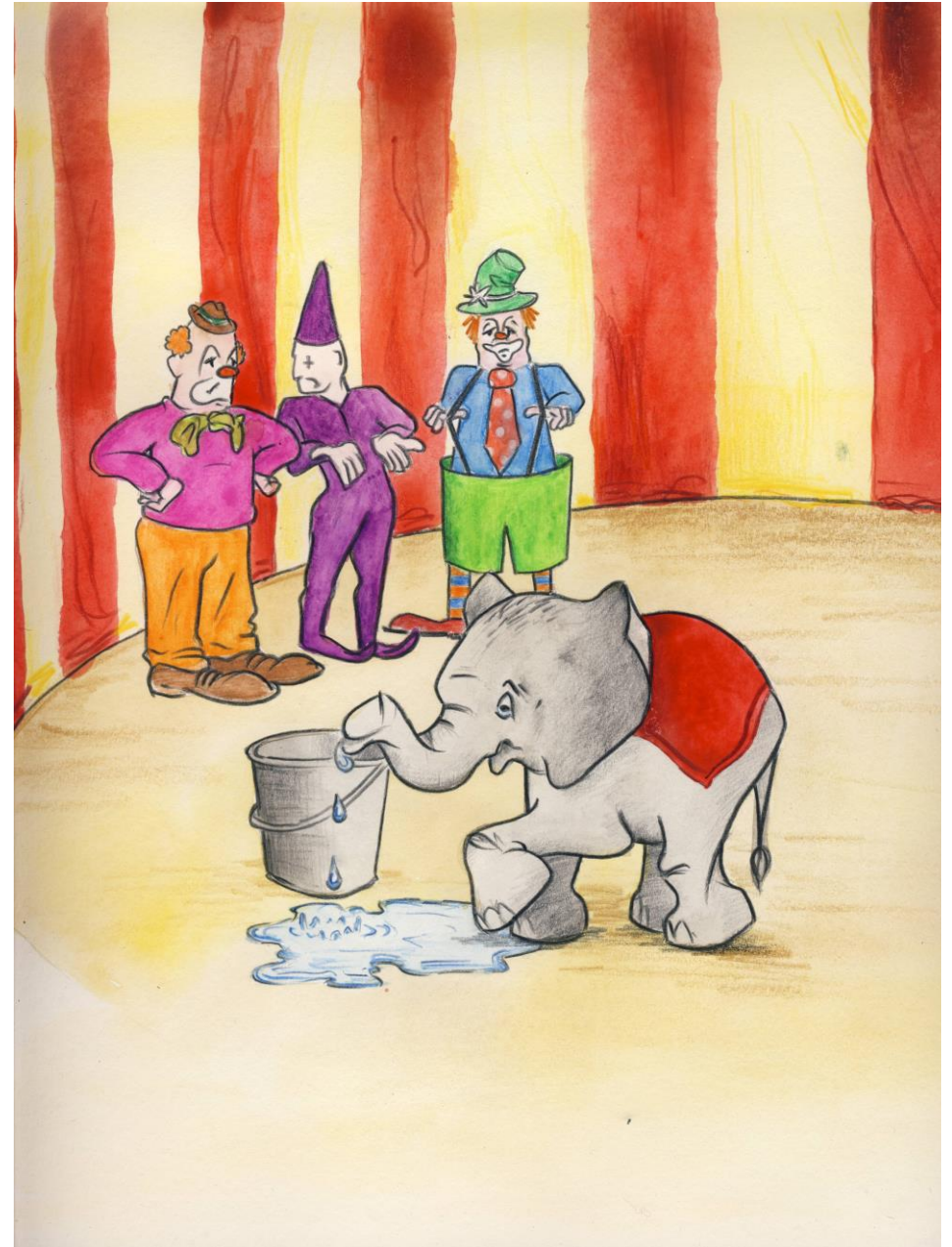
However before he could appear in the Big Top Elly had to learn to perform a special trick.



The trick Elly had to learn was to suck up water in his trunk and squirt it at the clowns, but no matter how hard he tried he could not get the water to stay in his trunk.

The water kept coming out of his trunk and made puddles on the floor.

The clowns were very patient with Elly, but told him that until he could perform the trick and squirt water at them, he could not take part in the show.



Elly was very sad because he could not do the trick of holding water in his trunk, to squirt at the clowns. This also meant he was not allowed to go into town on the special parade, with everyone else from the circus.

So Elly had to stay behind with the camel. The camel was called Cammie. She had to stay behind because she had a sore hump.

“Don’t be sad” said Cammie. “But I wanted to go with the others on the parade” said Elly. “I wish I was like all the other elephants and could squirt water out of my trunk”.

“Well you will just have to practice more”, said Cammie the camel “and I will help you”.

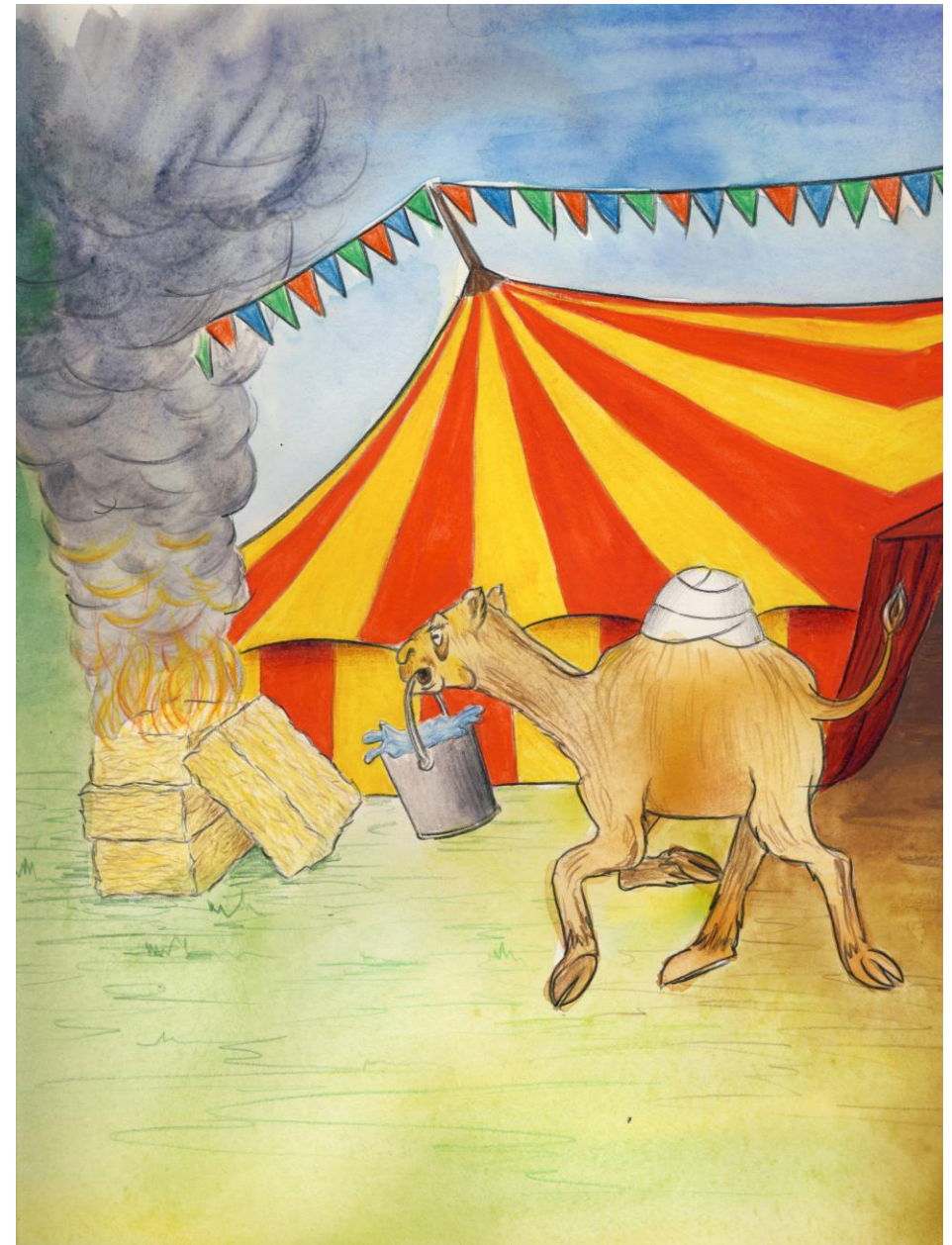


That afternoon Elly kept practicing holding water in his trunk.

Suddenly Cammie the camel came running up to Elly to say that a fire had started, in bales of straw near to the Big Top tent.

“You need to squirt water on the fire to put it out” said Cammie the camel, “Otherwise the Big Top tent could burn down, and that would be the end of the circus”!

“Come quickly” said Cammie as she ran ahead with a bucket of water.

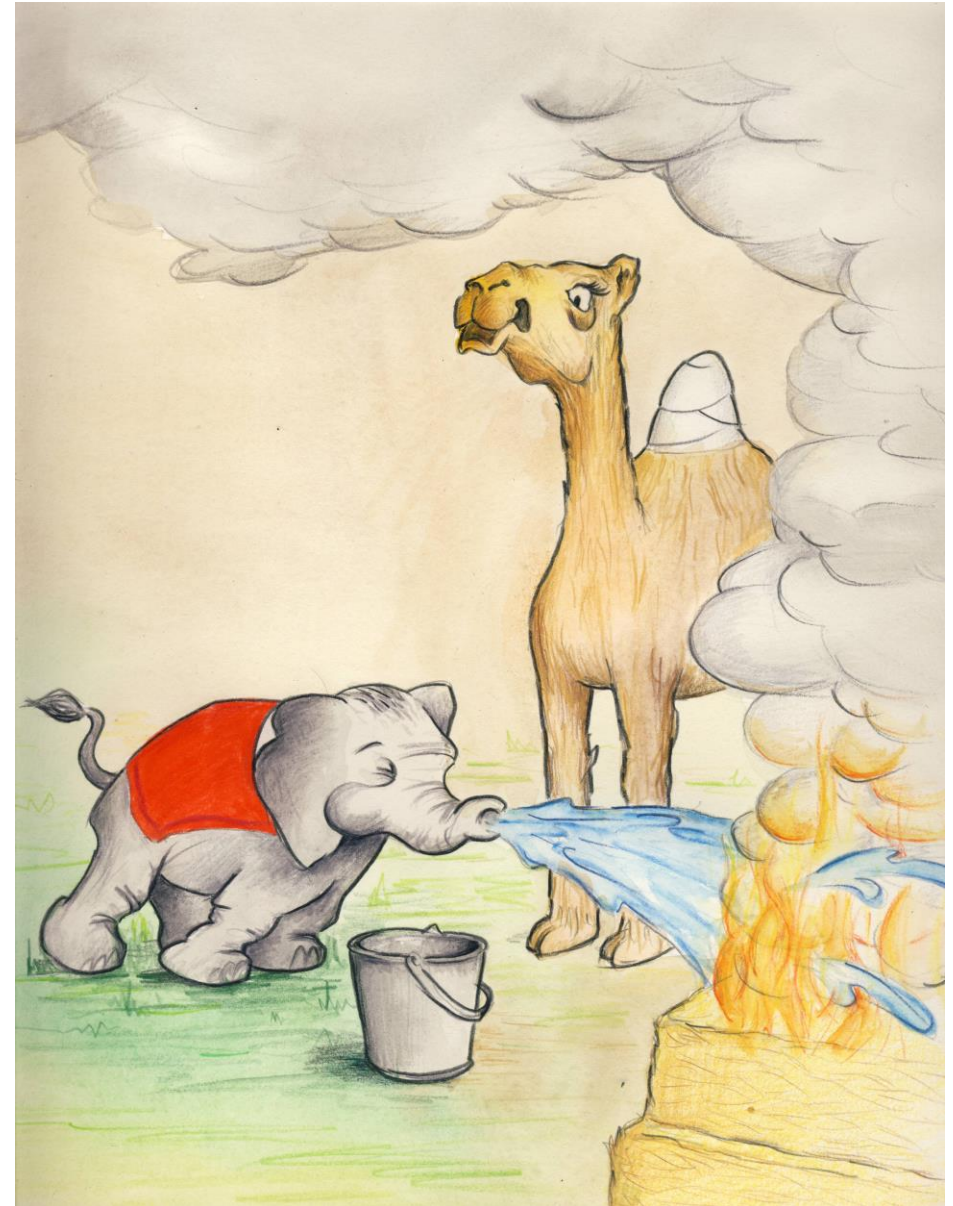


Elly stood by the bucket of water, but he was very worried as he had never been able to squirt the water before.

“You can do it “ said Cammie “I know you can”!

So Elly concentrated really hard and sucked the water up his trunk. He turned to the fire and... guess what... he managed to squirt the water and put the fire out!

Hurrah!



Elly was so happy. He had managed to keep the water in his trunk, to squirt at the fire and when everyone came back from the parade they all said that he was a hero!

Elly was finally able to perform his trick of squirting water at the clowns.

The next night Elly had his wish come true and he was the star of the show!

Cammie the Camel watched from behind the curtains and was so proud of Elly.

Elly was really happy and proud of what he had achieved as well!

