

# Henny's success!

A metaphorical 'healing' story for children with soiling 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 Henny the hen who has to learn to lay her eggs in the right place – this story relates to children who have a soiling problem and need to learn to open their bowels in the potty or toilet. 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 Henny are explored with the child – for example asking the child why Henny might feel sad.

The child can also be asked how they think the other hens could help Henny.

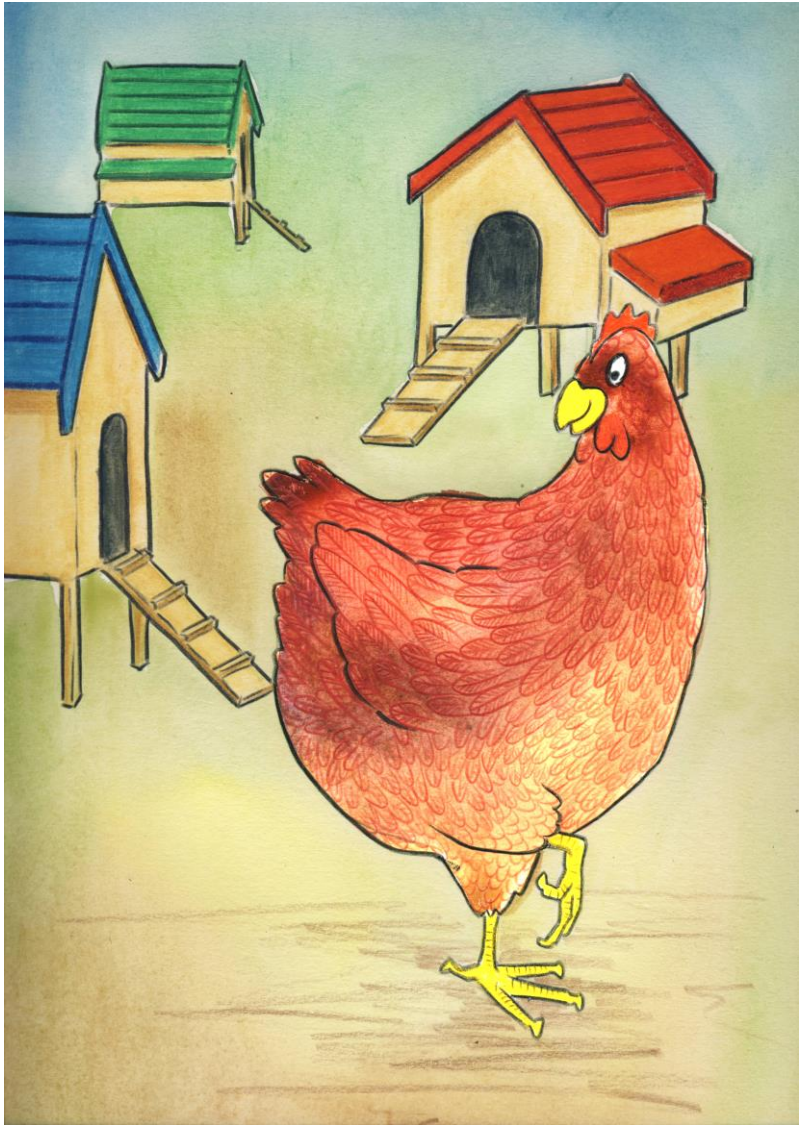
The pictures can be used to prompt discussions with the child and help the child identify with the characters and the problems they are having.

Henny the hen lived with all her friends, on Farmer Jones's farm, in the Red Hen House.

Henny had lots of friends – some of the hens lived in the Green Hen House and some lived in the Blue Hen House.

The hen houses all had a special place inside for each hen to lay their eggs. Every day the hens laid an egg in the hen house, which the farmer's wife collected and sold in the farm shop. All the hens that is apart from Henny!

The farmer's wife counted all the eggs as she collected them and wrote the number down in a big book.



Every month there was a competition to see which Hen House had laid the most eggs. The farmer would count up from the big book all the eggs that were laid in each hen house.

Unfortunately the Red Hen House never won, because Henny always laid her eggs in the wrong place!

This made Henny feel sad as she knew how much the other hens wanted to win.



Although Henny knew she had to lay her eggs in the Hen House, for some reason she didn't lay her eggs there.

Instead she would lay her eggs in different places all over the farm. Henny lay her eggs by the pond, under the cabbages in the vegetable patch and even in the orchard.

Can you find all the places Henny had laid her eggs in the picture?

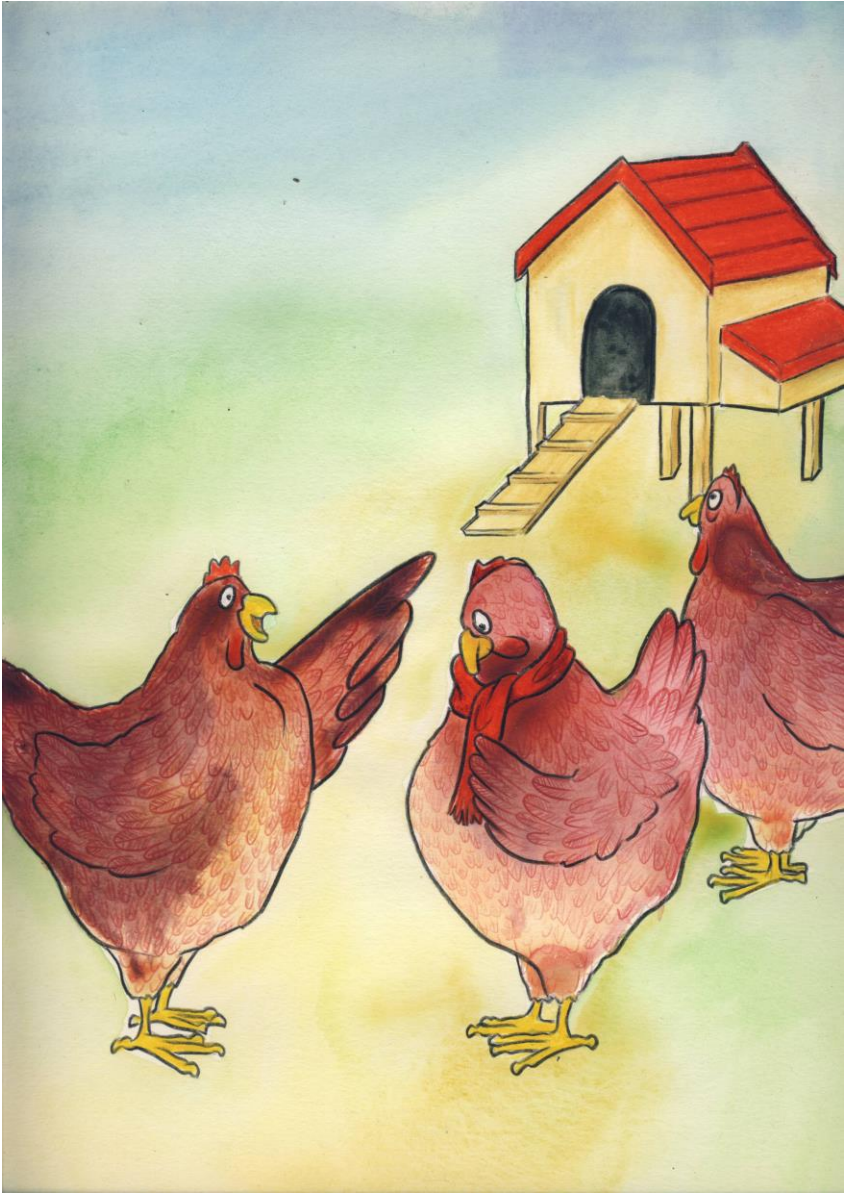




All Henny's friends wanted to help Henny lay her eggs in the right place.

So every day they reminded Henny to lay her eggs in the Red Hen House and to help her remember they gave her a little red scarf to tie round her neck.

Every day Henny practised going up the steps to the Red Hen House and sitting on her perch, so that when she needed to lay an egg she knew what to do.



Every day Henny kept saying to herself –  
“I must lay my eggs in the Red Hen  
House... I must lay my eggs in the Red  
Hen House..” when suddenly she thought  
“I need to lay an egg”!

Where do you think she laid that egg?



It was soon time for Farmer Jones to count up all the eggs and see which hen house had laid the most eggs.

I wonder who has won?

Hurrah! Henny had finally managed to lay all her eggs in the Red Hen House and they had won first prize!

Henny was so happy and her friends were all very proud.

Well done Henny!





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 particular series:

Elly's Success - a story book for children with wetting problems

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