



CIELITO Y MARGARITA

ILUSTRACIONES CHAR PALUDETTO

MAGGIE

and her mysterious tummy

BIANCA
EDICIONES

Ricardes, Luisa Cielito

Maggie y su pancita misteriosa / Luisa Cielito Ricardes ; Ilustrado por Carla Paludetto. - 1a ed. - Ciudad Autónoma de Buenos Aires : Bianca Ediciones, 2025.
Libro digital, PDF

Archivo Digital: descarga y online
ISBN 978-631-6650-29-0

1. Cuentos Infantiles. I. Paludetto, Carla, ilus. II. Título.
CDD A860.9282

Bianca Ediciones

Realización Integral de Libros, Revistas,
Producciones Impresas y Digitales
Castelli 90 - CP 1031 - CABA

bianca.ediciones@gmail.com

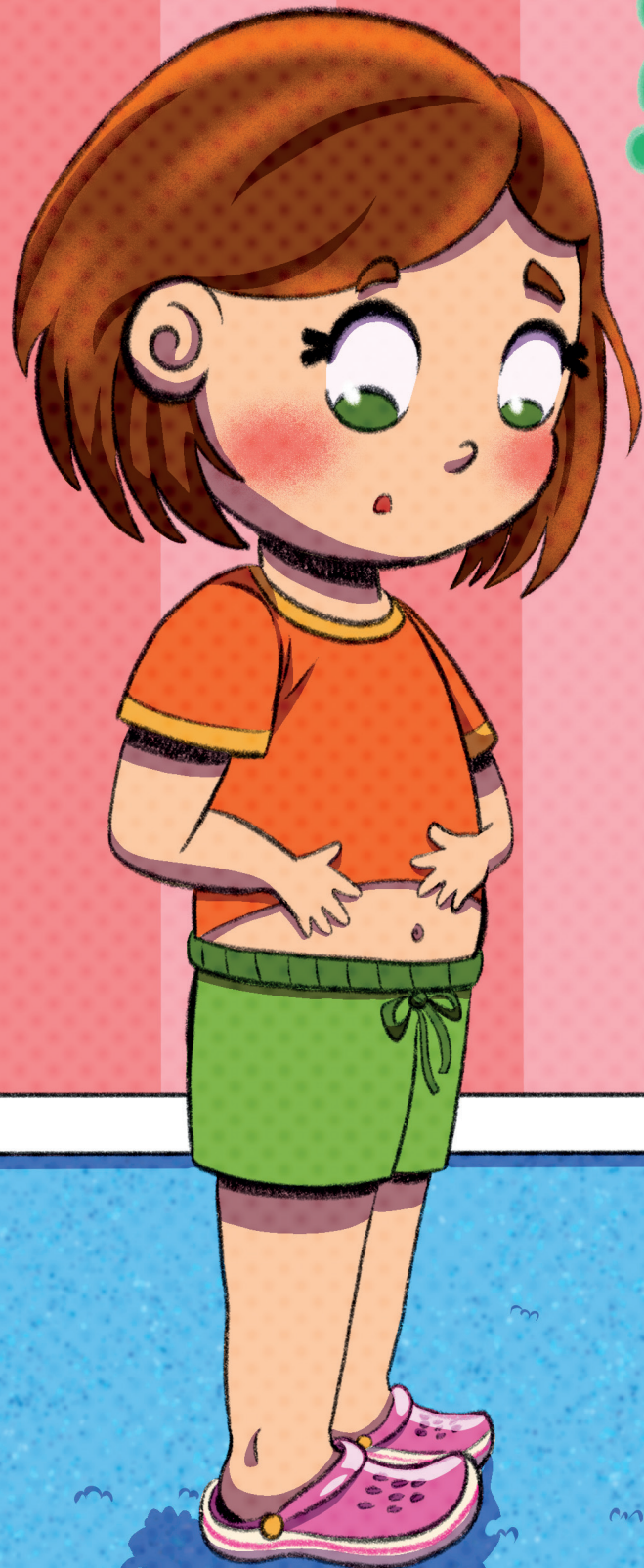
IG: @bianca.ediciones

Queda hecho el depósito que marca la ley 11.723
Buenos Aires - Argentina
Julio 2025

Todos los derechos reservados. Prohibida la reproducción total o parcial de esta obra por cualquier medio sin permiso previo por escrito del autor y de la editorial.

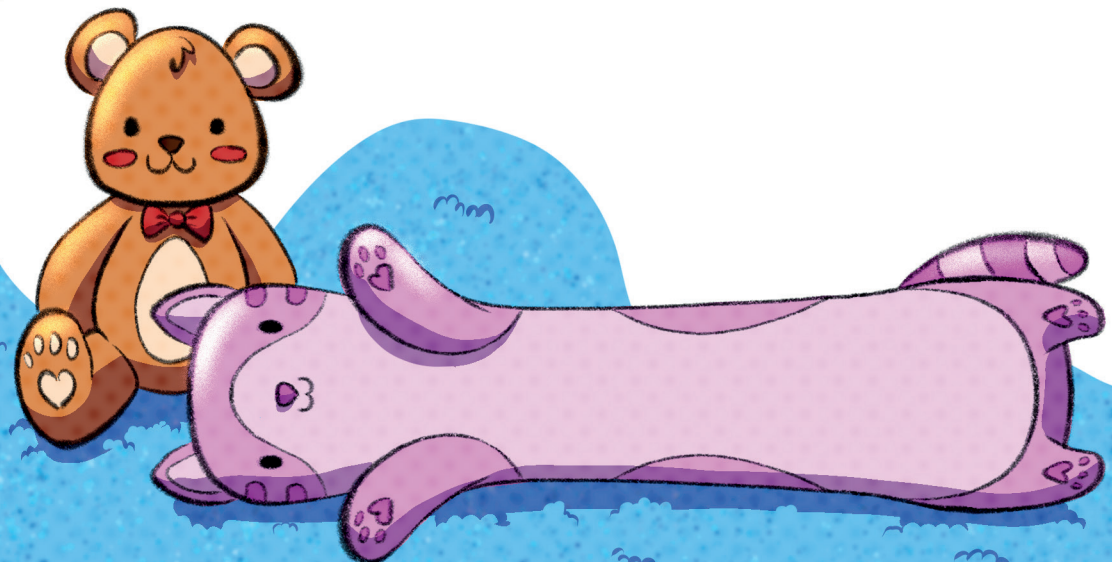
Para mi hija Margarita,
Lo que me gusta en este mundo es ser tu mamá:
Yo soy tu guía pero vos la maestra.

Gracias por enseñarme a ser la mamá
que vos necesitás.



HELLO, I'M MAGGIE. I LIKE RUNNING, PLAYING WITH MY FRIENDS, TAKING CARE OF MY PETS, AND HUGGING MY TEDDY BEAR. BUT LATELY, SOMETHING STRANGE HAS BEEN HAPPENING TO ME...

I DON'T KNOW EXACTLY WHEN IT STARTED, BUT IT'S BEEN GOING ON FOR A WHILE. SOMETIMES I FEEL LIKE I NEED TO GO TO THE BATHROOM, BUT MY BODY WON'T LET ME. I SQUEEZE MY LEGS, MOVE FROM SIDE TO SIDE, AND TRY TO KEEP ON PUSHING. I DON'T KNOW WHY, BUT I JUST CAN'T GO. AFTERWARDS, MY TUMMY FEELS STRANGE, LIKE IT'S CONFUSED.

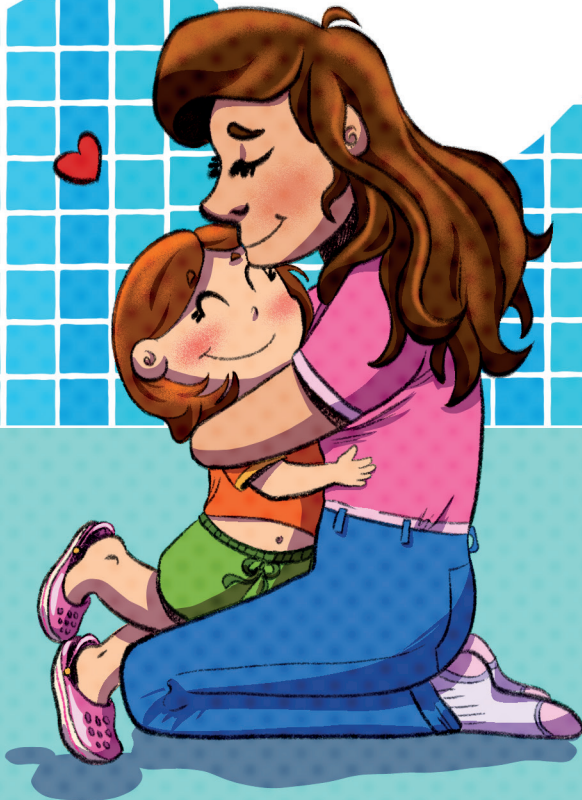


MY TUMMY KEEPS FEELING STRANGE, BUT I
DON'T KNOW WHY.
MOM ASKS ME, "DO YOU NEED TO GO TO THE
BATHROOM?"

I ANSWER, "NO."
IT'S NOT THAT I DON'T WANT TO; I JUST DON'T
FEEL LIKE I NEED TO GO.
SOMETIMES, WITHOUT REALIZING IT, I HAVE AN
ACCIDENT.

MOM LOOKS SURPRISED BECAUSE I KEEP
PLAYING LIKE NOTHING HAPPENED, AND SHE
SAYS, "YOU HAD AN ACCIDENT."

BUT I DIDN'T EVEN FEEL IT.
SHE HELPS ME CLEAN UP. SHE LOOKS CARING.
SOMETIMES SHE WORRIES, BUT SHE ALWAYS
HUGS ME AND SAYS IN A GENTLE VOICE,
"EVERYTHING WILL BE OKAY."





TIME GOES BY, AND MY TUMMY KEEPS ACTING STRANGE.

SOMETIMES IT HURTS, SOMETIMES I HAVE ACCIDENTS THREE, FOUR, OR EVEN FIVE TIMES A DAY.

SOMETIMES I HAVE TO USE THE BATHROOM A LOT AND OTHER TIMES I CAN'T GO AT ALL. MOM WATCHES ME WITH A THOUGHTFUL FACE. SHE CLEARLY WORRIES. SHE TRIES TO UNDERSTAND, LOOKS FOR INFORMATION, HELPS ME WHEN I NEED IT, AND EVEN WITH SO MANY QUESTIONS, SHE ALWAYS TELLS ME: "NO MATTER WHAT HAPPENS, I LOVE YOU VERY MUCH."

AT SCHOOL, EVERYONE HELPS ME WHEN I NEED IT. I KEEP EXTRA CLOTHES IN MY BAG IN CASE SOMETHING HAPPENS. MY TEACHER IS VERY KIND AND TAKES ME TO THE BATHROOM A FEW TIMES DURING THE DAY. SOMETIMES I GO A LOT, OTHER TIMES JUST A LITTLE, BUT I STILL NEED TO CHANGE CLOTHES MORE THAN ONCE — AND THE SCHOOL ALWAYS HELPS ME.

I DON'T REALLY UNDERSTAND WHY THIS IS HAPPENING TO ME.



ONE DAY, MOM TOOK ME TO THE DOCTOR.
HE ASKED IF I EAT WELL AND DRINK WATER.

“YES,” I TOLD HIM, “BECAUSE I LIKE WATER
AND I RUN A LOT.”

THEN HE EXPLAINED,

“WHEN YOUR BODY CAN’T LET THE POOP OUT,
IT STAYS INSIDE AND PILES UP. IT FILLS YOUR
TUMMY SO MUCH THAT THE BOTTOM PART
GETS BIGGER — LIKE A BALLOON.”

I OPENED MY EYES WIDE.

“DO I HAVE A BALLOON IN MY BELLY?”

THE DOCTOR SMILED.

“SOMETHING LIKE THAT,” HE SAID.



AND WHEN THE BALLOON IS TOO FULL, NEW
THINGS COME OUT WITHOUT YOU MEANING TO,
BUT THE OLD STUFF STAYS INSIDE AND GETS
VERY HARD. HE ALSO SAID THAT TO HELP
THINGS COME OUT MORE EASILY, IT’S VERY
IMPORTANT TO EAT FIBER.

“WHAT’S FIBER?” I ASKED.

“FIBER IS IN FOODS LIKE FRUITS, VEGETABLES,
CEREALS, AND LEGUMES. IT HELPS MAKE
THINGS SOFTER SO THEY CAN COME OUT
EASIER.”

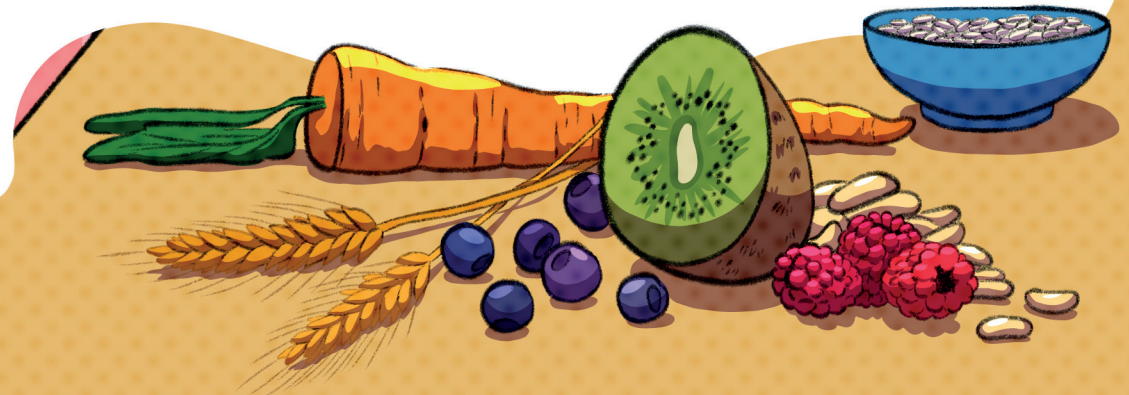
I THOUGHT FOR A MOMENT AND SAID, “I LIKE
KIWI!”

THE DOCTOR SMILED EVEN MORE.

“KIWI IS GREAT! IT HAS LOADS OF FIBER AND
HELPS YOUR TUMMY WORK BETTER.”

THAT SOUNDED INTERESTING TO ME.

MOM SAID WE WOULD LOOK FOR MORE FIBER-
RICH FOODS TOGETHER TO HELP MY TUMMY
DO ITS JOB BETTER.



THE DOCTOR SAID WE NEEDED TO HELP MY TUMMY REMEMBER HOW TO GO TO THE BATHROOM.

“FIRST, WE HAVE TO CLEAN YOUR TUMMY. IF YOUR TUMMY IS FULL, WE NEED TO EMPTY IT COMPLETELY AND LEAVE IT CLEAN. THEN, WE’LL TRAIN IT WITH A MAGIC ROUTINE.”

“MAGIC?” I ASKED.

“YES, BECAUSE WITH PATIENCE AND PRACTICE, YOUR TUMMY WILL LEARN AGAIN.”

I LIKED THE IDEA OF HELPING MY TUMMY.

WHEN WE GOT HOME, MOM EXPLAINED MORE THINGS:

“EVEN WHEN YOUR TUMMY IS FULL, YOUR BODY DOESN’T GET THE SIGNAL THAT YOU NEED TO GO TO THE TOILET.”



AND THAT’S WHY, WHEN IT HAPPENS, I KEEP PLAYING LIKE NOTHING’S WRONG.

IT’S NOT ON PURPOSE — I JUST DON’T FEEL IT. THAT SOUNDED STRANGE, BUT IT’S TRUE: I DON’T NOTICE.

“BUT IF WE CLEAR UP YOUR TUMMY AND GO TO THE BATHROOM EVERY DAY, YOUR BODY WILL LEARN AGAIN,” MOM SAID.

“MY BODY WILL LEARN TO FEEL IT?”

“YES,” SHE REPLIED. “WE HAVE TO SIT ON THE TOILET EVERY DAY UNTIL THINGS START TO COME OUT, AND LITTLE BY LITTLE, YOU’LL FEEL IT AGAIN.”

SO, WE DECIDED TO TRY.

TO CLEAN MY TUMMY, I HAD TO TAKE A SPECIAL MEDICINE.

NOW I HAD TO SIT ON THE TOILET EVERY DAY. AT FIRST, IT FELT BORING, BUT MOM MADE IT MORE FUN.

WE USED BOOKS, TOYS, A LITTLE TABLE, AND A STOOL TO REST MY FEET.



“YOU HAVE TO GO TO THE BATHROOM AFTER EATING,” SHE EXPLAINED, “BECAUSE WHEN YOU EAT, YOUR BODY GETS READY TO GO.”

THAT SURPRISED ME - EVEN THOUGH MY BRAIN DIDN'T SEND THE SIGNAL TO GO, IT DID KNOW I HAD EATEN.”

I HAVE TO STAY ON THE TOILET FOR 15 MINUTES.

SOMETIMES NOTHING HAPPENS, BUT MOM SAYS WHAT MATTERS IS TRYING.

WE MADE A COLOURFUL STAR CHART.

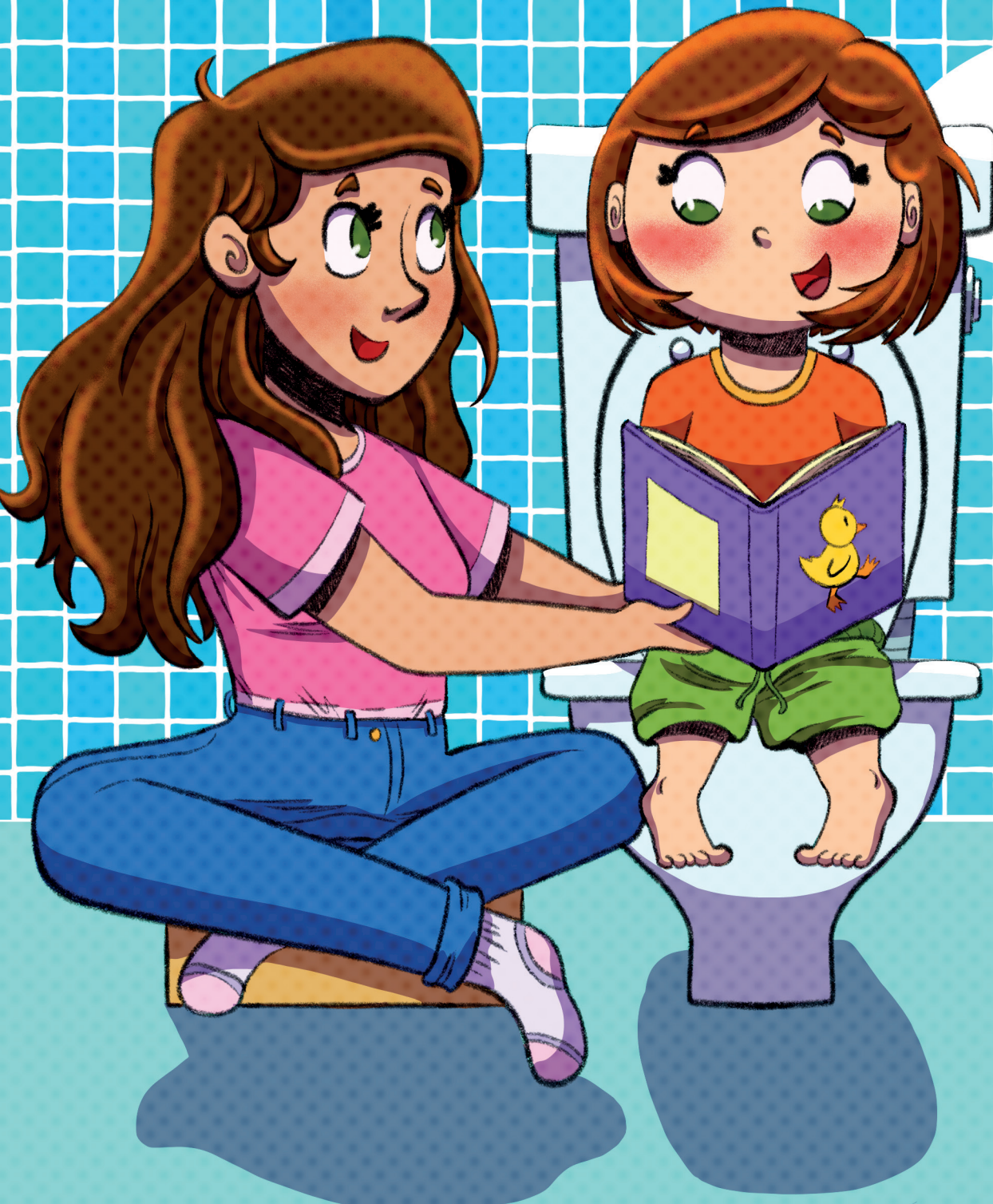
“EVERY TIME YOU TRY, WE STICK A STAR,” MOM SAID. “I WANT TO FILL THE WHOLE CHART.”

DOING THE ROUTINE EVERY DAY ISN'T ALWAYS FUN.

SOMETIMES I DON'T WANT TO GO.

I GET BORED OF SITTING SO LONG.





"CAN I SKIP TODAY?" I ASK.
BUT MOM SAID WE NEED TO BE PATIENT.
"YOUR TUMMY IS LEARNING, AND SOMETIMES IT
NEEDS TIME," SHE EXPLAINED.
TO MAKE IT MORE FUN, SOMETIMES SHE STAYS
WITH ME. WE PLAY A GAME, READ A STORY,
OR MAKE UP TALES.

"ONE STEP AT A TIME," SAYS MOM.
THE IMPORTANT THING IS TO KEEP TRYING.
I WISH IT WERE FASTER, BUT IF IT HELPS MY
TUMMY, I'LL KEEP GOING.



AT FIRST, I WENT TO THE BATHROOM, BUT I WASN'T ALWAYS SUCCESSFUL.
ONE DAY, I WAS SITTING AND SUDDENLY FELT LIKE MY TUMMY WOULD EXPLODE.

"MOMMY! I DID IT!"

ANOTHER DAY, WHILE I WAS WATCHING TV, I FELT THE URGE, RAN TO THE BATHROOM — AND IT WORKED AGAIN!

ANOTHER DAY, WHILE I WAS DRAWING, I FELT SOMETHING DIFFERENT.

"MOM, I THINK I HAD AN ACCIDENT."

WE WENT TO THE BATHROOM AND, YES, IT HAD HAPPENED. BUT MOM DIDN'T GET MAD.

"THAT'S GREAT NEWS!" SHE TOLD ME. "YOU FELT IT, AND THAT MEANS YOUR TUMMY IS LEARNING."

SHE HUGGED ME TIGHT. MOM GOT EMOTIONAL. AND SO DID I — A LITTLE. MY TUMMY WAS LEARNING.

NOW THAT I KNOW WHAT'S GOING ON AND WHAT I NEED TO DO, SCHOOL HELPS ME TOO. MY TEACHER GAVE ME A SPECIAL CARD. WHEN I NEED TO GO TO THE BATHROOM OR NEED HELP, I GIVE HER THE CARD AND SHE KNOWS WHAT TO DO. I DON'T HAVE TO SAY ANYTHING OR WORRY. THAT MAKES ME FEEL SAFE.



EVERY DAY, MY TUMMY GAVE BETTER SIGNALS.
“I’M HELPING IT REMEMBER!” I TOLD THE
DOCTOR.

“YES,” HE SAID. “YOUR TUMMY ISN’T SO
SWOLLEN ANYMORE. YOU’RE HELPING YOUR
BODY.”

I FELT VERY PROUD.



SOMETIMES, I STILL HAD LITTLE ACCIDENTS.
I FELT A BIT SAD, BUT MOM ALWAYS SAID,
“IT’S OKAY. ONE STEP AT A TIME. WE GO
SLOWLY, BUT WE GO FAR.”
AND SHE WAS RIGHT.

IT’S NOT PERFECT YET, BUT EVERY DAY GETS
A LITTLE EASIER.



ONE DAY, WHILE ENJOYING THE AFTERNOON IN THE GARDEN, I FELT SOMETHING DIFFERENT. I FELT I NEEDED TO GO — BUT THIS TIME, I FELT IT AHEAD OF TIME. I CALMLY STOOD UP, WENT TO THE BATHROOM, DID EVERYTHING, WASHED MY HANDS, AND RETURNED TO THE YARD. THAT'S WHEN I REALIZED SOMETHING VERY IMPORTANT. "MOMMY, I THINK MY TUMMY HAS LEARNED." MOM HUGGED ME TIGHT. "I'M SO PROUD."

AND I SMILED, BECAUSE I WAS PROUD OF MY TUMMY — AND OF MYSELF, TOO.



A stylized illustration of a child with short, brown, spiky hair, seen from the back. The child is wearing an orange t-shirt with yellow trim on the sleeves and purple arm warmers. The background is a solid green color.

MAGGIE SOMETIMES DOESN'T
REALIZE HER TUMMY DOESN'T
WARN HER.

THIS BOOK WILL SUPPORT THE
FAMILIES OF KIDS WITH ENCOPRESIS IN
UNDERSTANDING THE DAY—TO—DAY
ROUTINES THAT CAN HELP IMPROVE
THEIR LIVES.



ISBN 978-631-6650-29-0



@bianca.ediciones
bianca.ediciones@gmail.com