

Dysfunctional Voiding Education Presentation

Do you have
trouble going
to the
bathroom?

Here are
some tools to
help!

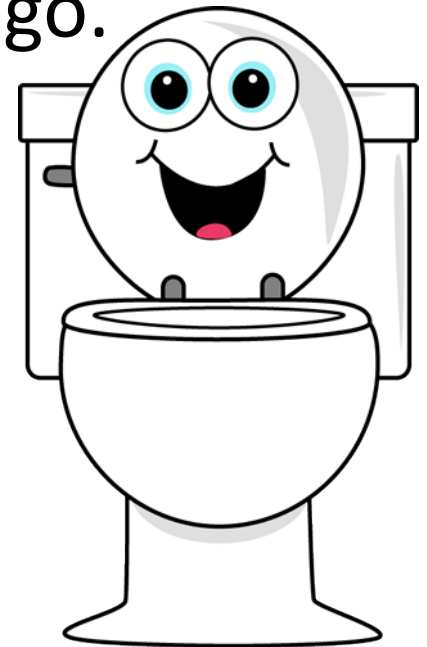


Healthy Toileting Practices



Healthy Potty Tools

- Allow enough time to sit on the toilet to try to pee. Don't rush!
- Sit on the toilet **AT LEAST** once every 2-3 hours. (more often if needed.) You need to try to pee even if you don't think you have to go.
- Relax your muscles – no squeezing or pushing with your tummy.
- Take deep breaths or blow on a pinwheel to help relax.

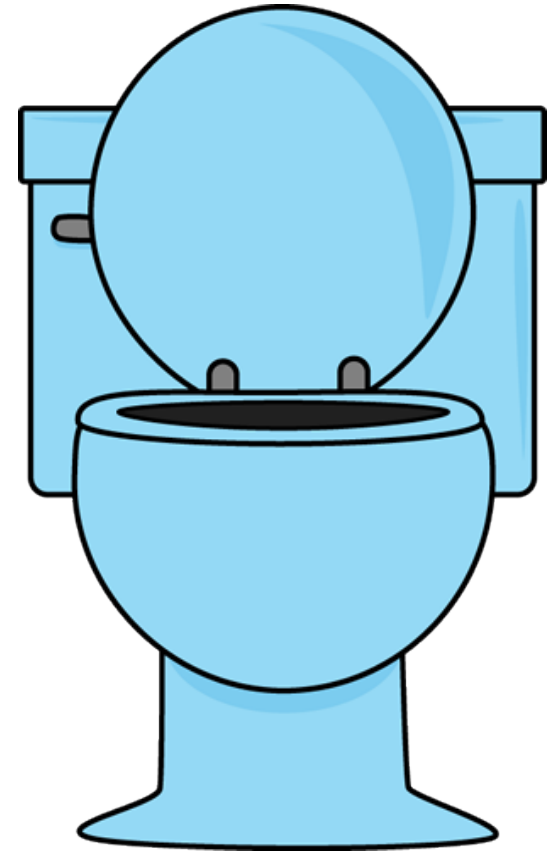


- Having books to read or games to play while you are on the toilet may help you relax and not rush.



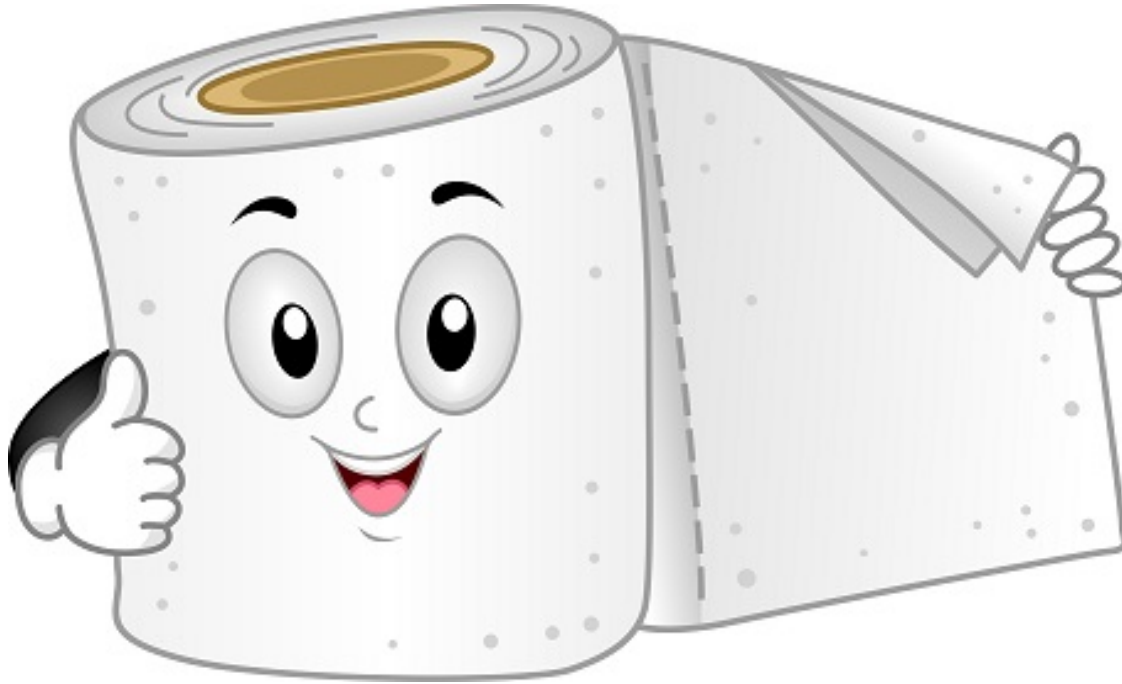
Bladder Emptying

- Many kids don't empty their bladder completely when peeing. This results in pee accidents and can lead to infection.
- So when you finish going pee, stand up and move around a bit, then sit back down and try again to make sure that you are really done.
- If more pee comes out then keep trying until you empty everything.



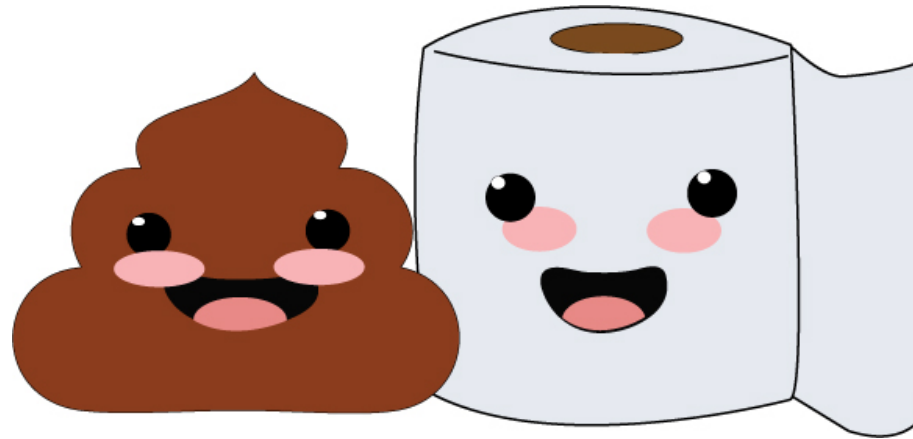
Hygiene for Girls

- Sit on the toilet with your legs spread wide apart. This will help prevent pee from collecting in your vagina.
- It might help to sit backwards on the toilet.
- Remember to wipe from “front to back” and to dry yourself completely.

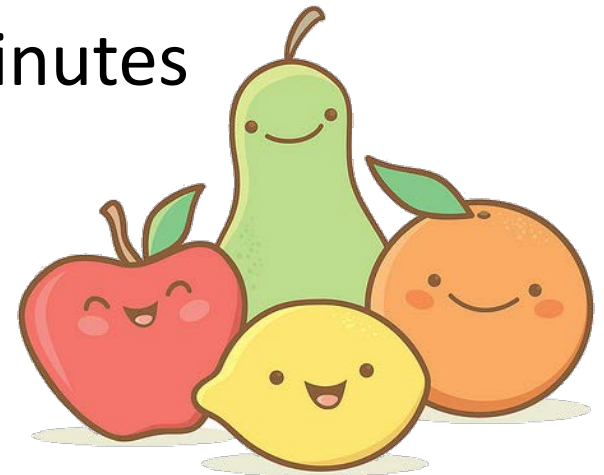


* A note to parents: many little girls don't exactly understand what “front to back” means. Make sure you actually watch how your child is wiping.

Pooping

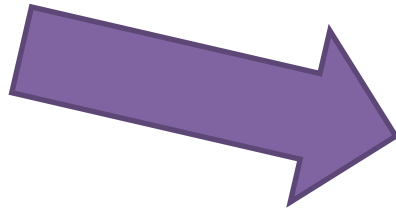


- Establish a specific, routine time during the day when you will sit on the toilet to poop.
- Aim to sit on the toilet for 10 minutes twice a day.
- The best time for this is 20-30 minutes after eating a meal or snack.
- Make sure you eat enough fiber (fruits and vegetables) so that you do not become constipated.










Soft poops that look like a sausage or snake are the healthiest kind.

(Like Type 4)



If you are constipated please check with your doctor for treatments.

THE BRISTOL STOOL FORM SCALE (for children)		
choose your		POO!
type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on cob Like a sausage but with cracks on its surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Fluffy pieces with ragged edges, a mushy stool
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID



Hydration

- Drinking water during the day is important. When you drink enough water your pee is clear colored.
- Try to drink 6 - 8 glasses of water a day!



Diary

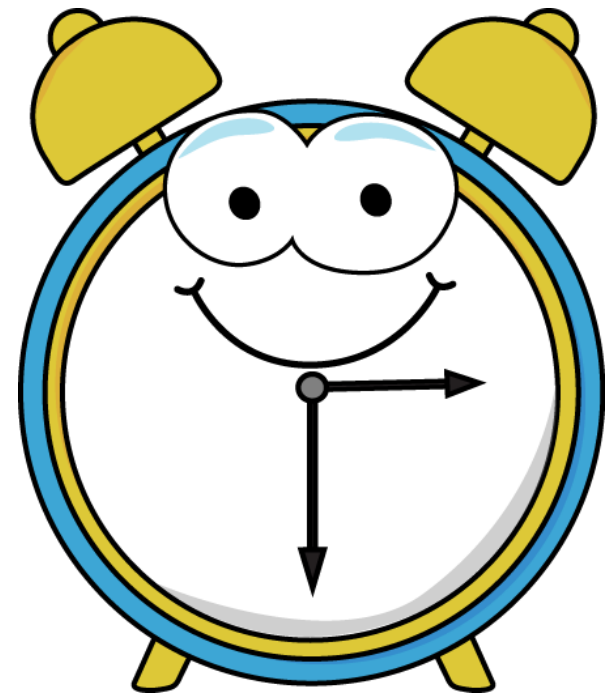
- Keeping a bladder or potty diary helps to keep track of your progress.
- Write down how many times you pee and poop each day.
- Also record when you have any accidents.



Potty Watch

- Set an alarm clock to remind you when to pee.

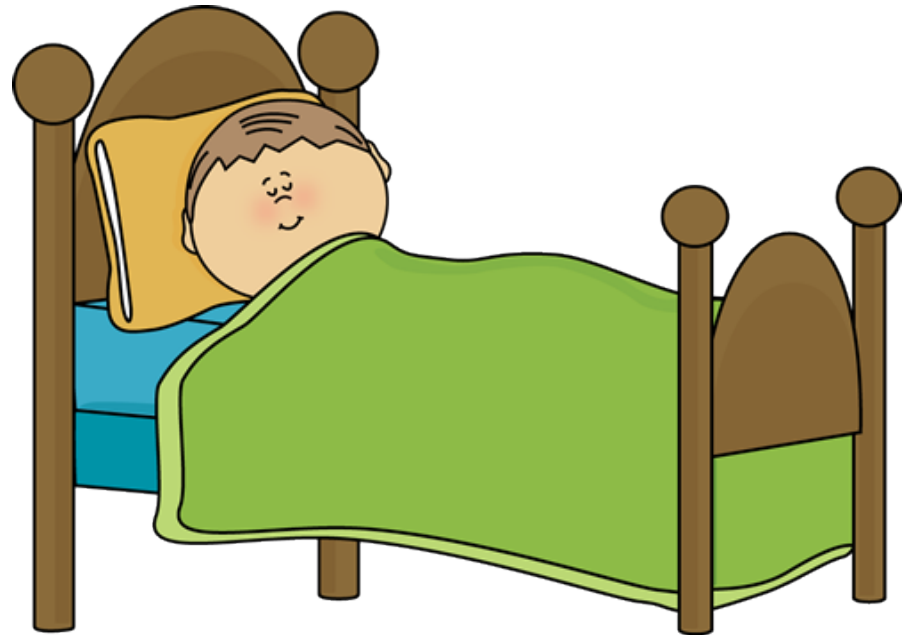
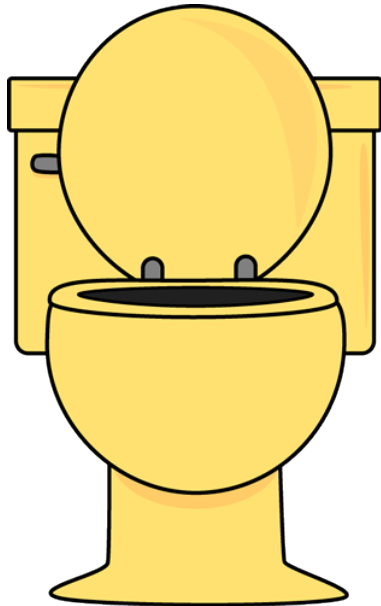
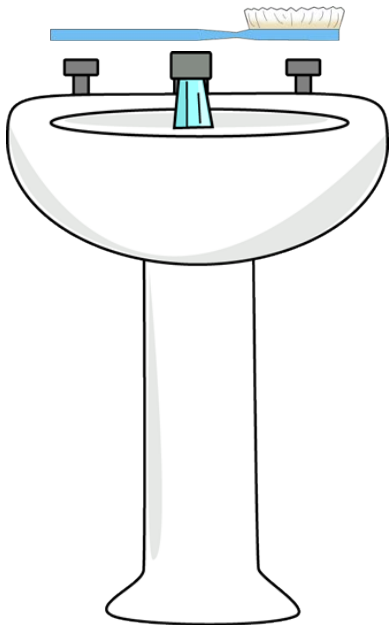
* Parents: Don't forget you can use the alarm on your cell phone.



- Your doctor might recommend that you use a special potty watch that will vibrate to let you know when it is time to go to the bathroom.

Bedtime

- Make sure to go to the bathroom again before bedtime. It is a good idea to make this part of your nighttime routine along with brushing your teeth. Sit on the toilet and try to go even if you don't feel like you have to.



Bedwetting

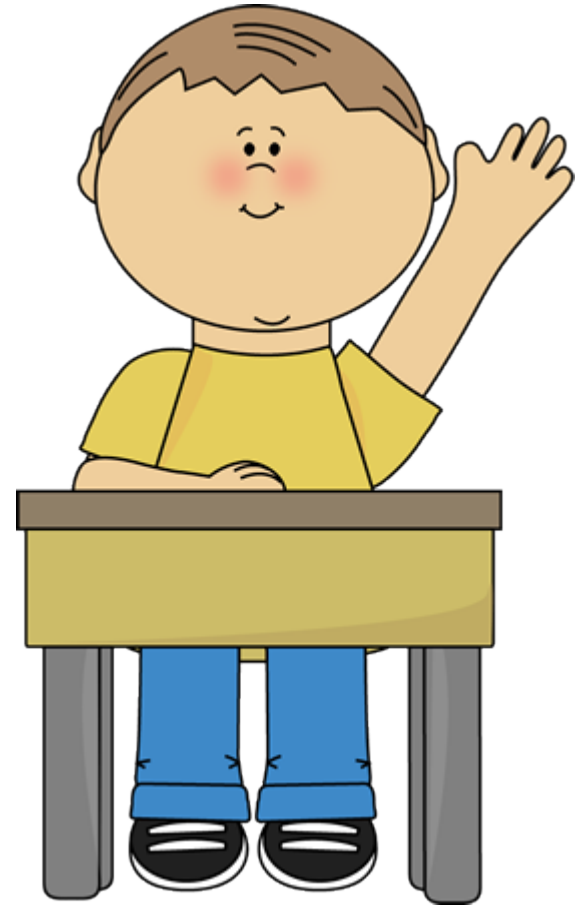


- If you wet the bed, then try to limit fluids after dinner.
- A formal bedwetting alarm is the best tool to treat bedwetting. Talk to your doctor to see what is best for you.



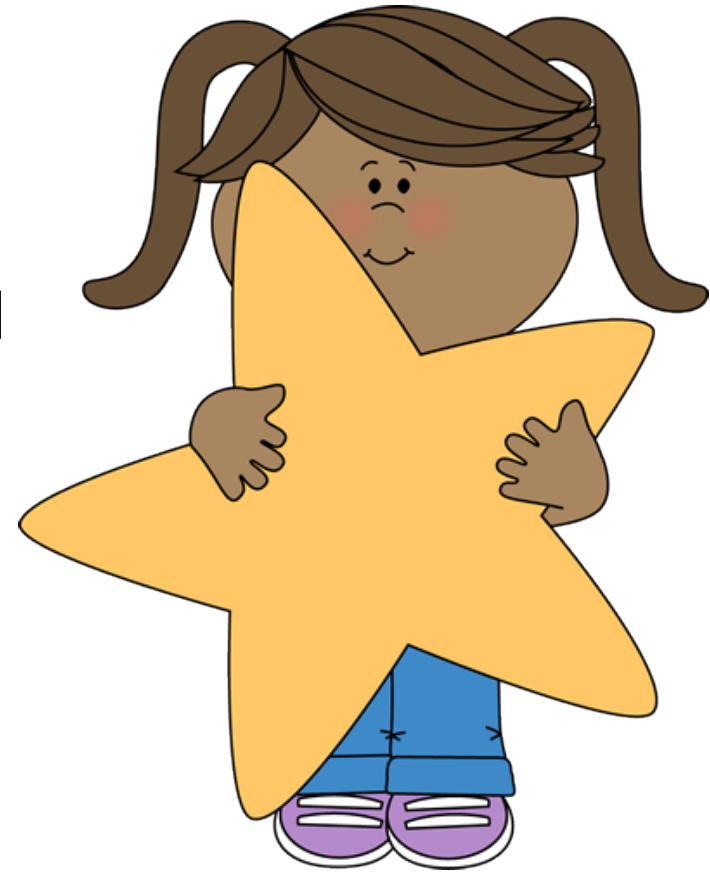
At School

- Your doctor will give you a note to bring to school to let your teachers know that you should be allowed to go to the bathroom when needed.
- Do not be afraid to raise your hand and ask to go to the bathroom during your scheduled times or when you feel the need to pee.

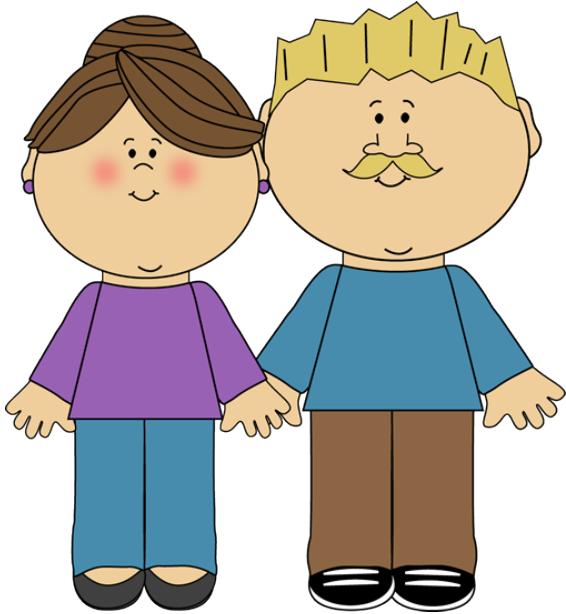


Reward System

- Your parents and doctors can work with you to create a reward system!
- A daily schedule or chart for visual reminders can be helpful too!
- As you make progress using the toilet more and having less accidents you can get special prizes.



Tips for parents

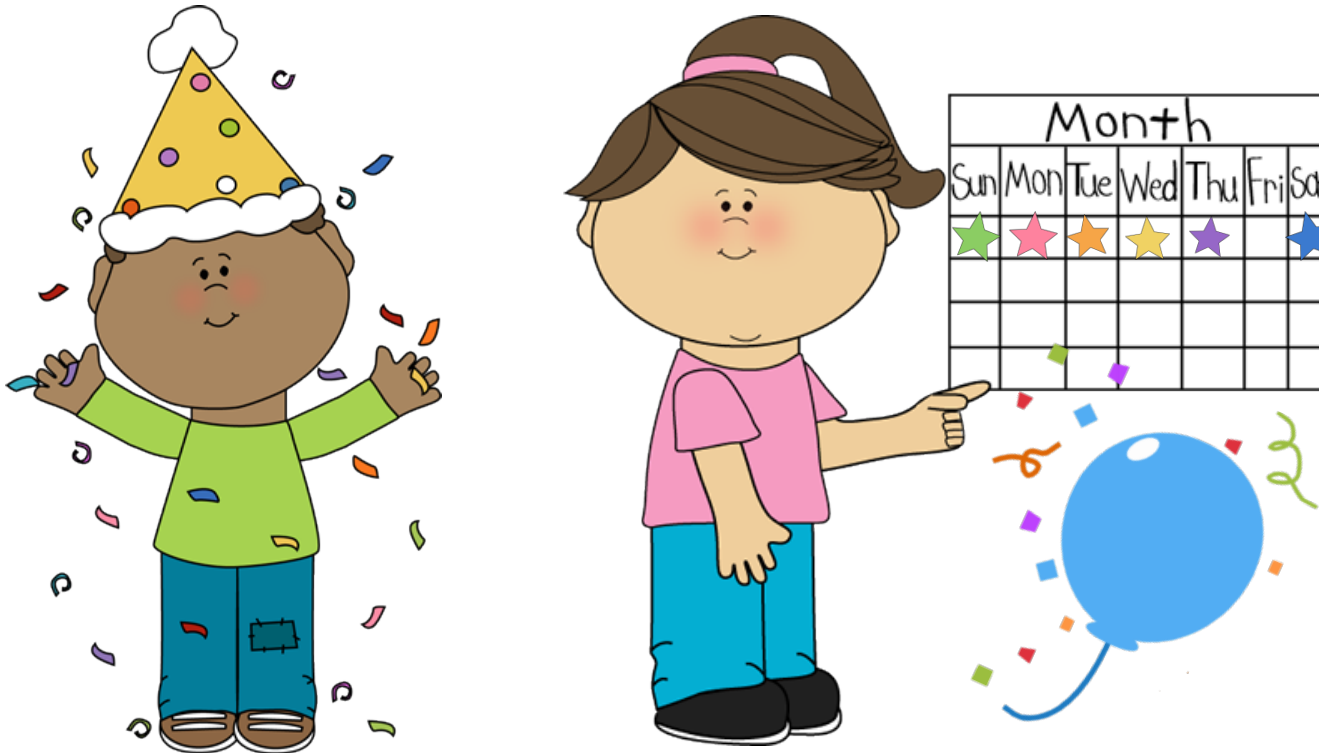


- While working on staying dry, if your child has accidents during the day it may help to use a thin pad or panty liner in their underwear to absorb the wetness and keep them clean and dry.

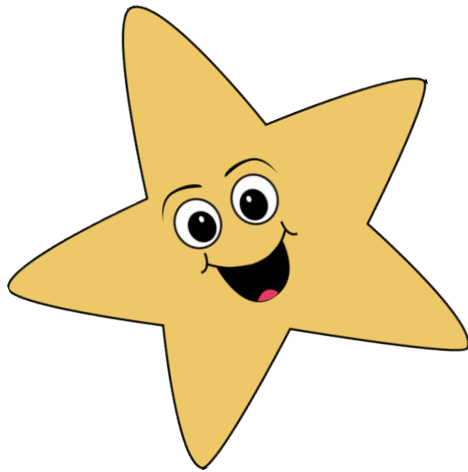
- Try to avoid carbonated beverages, caffeine or citrus, as they can be bladder irritants.



- Do not punish or scold your child if they have accidents.
- Give them encouragement and positive reinforcement such as giving them a gold star sticker for each dry day.



- However, it is ok to be firm in insisting that they follow the guidelines outlined in this presentation.
- Visit our site at CHLA.org/UrologyEd for more information and resources!



THANK YOU!

