

Healthy Toileting Practices

Bowel movements:

Start a toilet time routine. Choose a specific time during the day when your child will sit on the toilet to pass a bowel movement (make a poop) and have them use the toilet at the same time every day. The body is usually ready for a bowel movement 20-30 minutes after eating, so a good time to try would be after breakfast, lunch, or dinner.

Your child's stool (poop) should be soft and easy to pass, and look like a snake or sausage. To help your child have regular bowel movements, they should eat fruits and vegetables, and drink plenty of water. If your child is constipated they will be unable to have a bowel movement or have painful and difficult bowel movements. Please call us with any questions or concerns about constipation.

Hygiene and proper cleaning are important. Please remember to wipe from "front to back".

Urination:

Remind your child to sit on the toilet AT LEAST every 3 hours, or more often if they need to. Give your child enough time to sit on the toilet and try to urinate (pee). Remind your child not to rush while they urinate. Ask your child to breathe deeply and take their time when trying to urinate to relax the pelvic floor (no squeezing or pushing with the tummy). Ask them to take deep breaths and blow out the air slowly to help them relax.

Double voiding: Try to have your child urinate. After your child urinates and says they are "finished", wipe them from front to back and ask them to stand up and move around and then sit back down on the toilet and try again.

- Boys: Sit or stand to pee. Choose the most comfortable position so they can be relaxed
- Girls: Sit on toilet with legs spread apart.

Reward your child for their efforts. Toileting issues can be stressful for parents. The goal is not to criticize or punish children when they are working on improving toileting habits. Check with the doctor or nurse on ways to reward.

Remember to keep a diary with notes about each time your child urinates or has a bowel movement and bring it to the next visit!