

## Biofeedback Homework

Remember....practicing what you have learned at biofeedback, between sessions, is the key to success. The harder that you try, the better results you will see! You know that your favorite athletes practice every day to get better, and you can too! Here is what YOU need to do **EVERY DAY** to help yourself.

- Practice what you learned in biofeedback for 5-10 minutes a day. (Use your imagination to make your dolphin go up and down while squeezing and relaxing your pee-pee muscles)
- Use your potty watch every day
- Go to the bathroom every \_\_\_\_ hours
- Take a deep breath and relax when going potty (Remember you want your dolphin on the BOTTOM when you go potty)
- “Count to 10 and try again” every time you pee
- Drink 6-8 glasses of water to make your pee clear
- Eat a lot of fruits and vegetables that are high in fiber
- Have at least 1 poop a day

