



Re-Training The Bladder

Changing bladder and bowel habits are the cornerstones in managing dysfunctional voiding. Curing this will take anywhere from 6-12 months of consistent, daily compliance to these new bathroom techniques and it takes dedication from both the child and the parent to achieve the best success.

Timed Voiding

Many times the child does not use the restroom on a regular schedule, which can cause the bladder to become overfilled. By emptying the bladder on a regular basis this decreases the chances of urinary tract infections and/or accidents.

- Pee on a timed schedule every 2-3 hours during the day.
- Devise a strategy around school / caregiver schedules to be consistent every day.
- Watches with alarms can help remind your child to use the bathroom as scheduled, even when they may not feel like they have to go. (www.PottyMD.com, www.bedwettingstore.com)
- Make sure the child voids immediately upon awakening, first thing in the morning.

Relaxed Voiding

It is important for the child to take their time in the restroom and sit on the toilet in a way that facilitates good voiding.

- Use a stool if needed so the child's feet are braced on something in a near squat position.
- For girls, sit on the toilet with legs wide apart and lean forward resting arms on thighs. It might even be best to sit backwards on the toilet to achieve this.
- For boys, sit on the toilet to pee.
- Pee in the shower to help understand relaxed voiding.
- Encourage your child to have more awareness about how it feels to really relax their sphincter muscles.
- NEVER push to pee, just let it flow. Pushing with abdominal muscles transmits pressure to the sphincter and we need these muscles relaxed!

Wide Leg Voiding

By having the legs opened as wide and comfortable as possible, the muscles used to pee and poop are able to relax and work their best. For girls, this can prevent "vaginal voiding" or urine flowing backwards / becoming trapped in the vagina that may then leak out 5-15 minutes after peeing and wet the underwear seeming like an accident or post-void dribbling.

- Underwear and clothing must be pulled down to the ankles, ideally with one foot removed from their underwear.
- Legs should be wide and spread outward, as if the child were riding or straddling a horse. Sit all the way back on the toilet seat.

Double Voiding

Going pee again shortly after using the restroom will help ensure the child's bladder will be completely emptied several times a day.

- After the child has gone pee, 10 minutes later have them go back and go again.
- Do this 3 times a day
 - Morning (before and after breakfast)
 - After school
 - Bedtime (before and after brushing teeth)

Avoid Irritants

Acidic and carbonated foods and drinks can irritate the bladder

- Avoid soda, caffeine, carbonation, citrus (orange juice, lemonade, limeade, oranges, lemons, limes, grapefruit), spicy foods, chiles, vinegar, Vitamin C, Nutrasweet.

Drink More Water

You know when your child has had enough water when their urine appears very pale yellow to colorless.

- Encourage them to drink small amounts of water throughout the day, not large volumes all at once.

Remember, these changes have to become the new way of life for you and your child. Results don't happen overnight. It's important for your child to understand that these changes are the best way to solve their issues and encourage them to take charge of their own bathroom habits. We are all here to provide support for your child but no one can pee for them!!

Additional Steps to Help Prevent Urinary Tract Infections

- Continue with no baths
- Good wiping hygiene
- Voiding with legs WIDE open
- Theracran or cranberry juice daily
- Take yogurt / probiotics daily
- 1-2 tsp apple cider vinegar 2-3 times per day in apple juice
- Water, water and more water
- Aggressively treat constipation with fiber gummies and MiraLax

