

Health Facts for You

Pediatric Elimination Program

Increase Fluids

- Children should drink _____, 8 ounce servings of fluid every day.
- **At least** half of the fluid should be water.
- Avoid drinks with caffeine, bubbles, citrus and chocolate. These may irritate your child's bladder and cause more wetting accidents.

Timed Voiding

- **Make** a bathroom routine. Your child should go to the bathroom at least every 2 hours during the day.
- Use a timer to remind your child when it's time to use the bathroom.
- Have them go to the bathroom when they wake up in the morning.
- **Do not** rush when going to the bathroom. Tell your child to slowly breathe in and out. This will help them relax and fully empty their bladder.
- Put your child's feet flat on a foot stool. This will help them relax.
- Your child should urinate in a "steady stream". Running water in the sink may help your child know what this should look like.
- Boys can place Cheerios® in the toilet bowl and try to "sink" them or place soap in the bottom of a potty training chair. A steady urinary stream will make the soap bubble.

Regular Bowel Habits

- Your child should have one long, soft and easy to pass stool once a day. Type 4 on the Bristol Stool Chart is best. Eat a high fiber diet. Your child should eat _____ of fiber daily.

- Plan meals and take your time eating.
- Set times to use the bathroom. Help your child to relax and don't rush.
- Increase activity time. Being active, can help your child have a bowel movement.
- If your child has trouble with a daily soft bowel movement, talk to your provider about adding a fiber supplement.
- If your child is unable to have a regular bowel movement, talk to your provider about adding a stool softener or laxative.

Good Hygiene (For Girls)

- Wipe front to back
- Change wet clothes as soon as you can.
- Tell your child to sit on the toilet with legs wide open and place her elbows on her knees. Place her feet on a foot stool so they are kept flat.
- Send extra clothing to school in case of wetting accidents.
- Wear cotton underwear.
- Avoid bubble baths and soaps with dyes or perfumes.
- Diaper creams may protect the skin from wet clothing and help heal irritated skin.