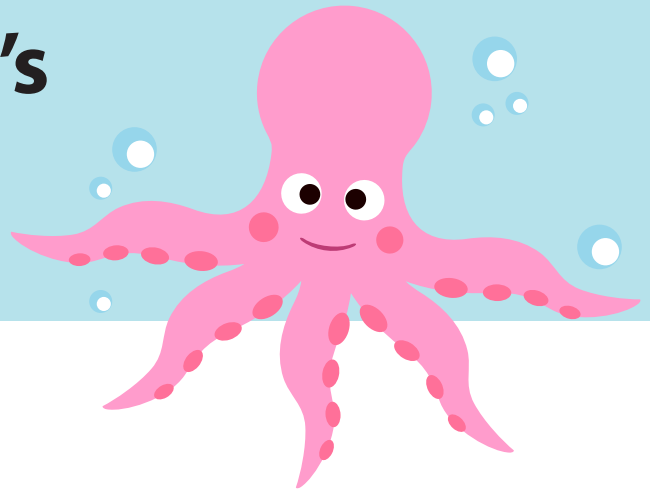


Adjusting Your Child's Voiding Behaviors in the Bathroom



TIMED VOIDING

- ▶ Your child must go to the bathroom every 2 hours, regardless as to whether the child feels like it or not.
- ▶ Use a sticker chart to help remind the child. Children respond well to rewards and incentives.
- ▶ If age appropriate, purchase a digital watch to help remind your child to go to the bathroom. Some watches can be set to vibrate every 2 hours. This helps the child take some responsibility, and it also eliminates the embarrassment of needing to be reminded in front of peers.

SITTING ON THE TOILET

- ▶ Try and follow these steps every time.
- ▶ Make sure your child can sit on the toilet without having to hold themselves up.
- ▶ Their feet should be flat on the floor and they may need a step-stool for support.
- ▶ Legs should be wide apart with pants pulled all the way down to the ankles.
- ▶ Take a few deep breaths and relax. It may help to listen to the sound of a waterfall.
- ▶ Do not rush. If this does not work, try again 10-15 minutes afterward.

