

# 5 Tips to Improve Bowel and Bladder Habits

## 1. When your child has to poop, or you're wanting your child to poop

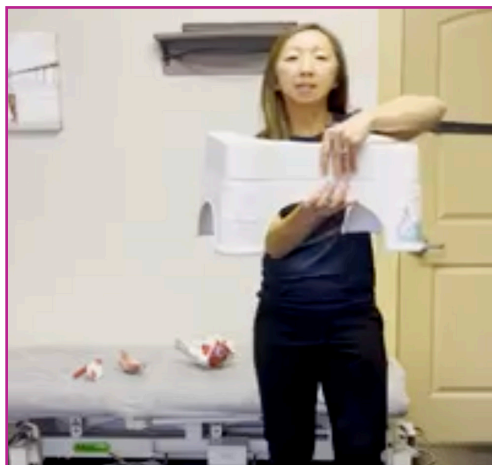
- Give them something fun to blow on while sitting on the toilet, like a pinwheel



- Keeps them from bearing down
- Holding breath, which is counterproductive when trying to poop due to pressure down on pelvic floor (PF) causing the PF to respond with tension and closing off rectum and urethra
- Can also use a kazoo, bubbles, etc.
- Purpose of this is to distract them from bearing down, help “plunge” the poop out, and is fun!

## 2. Elevate feet up on a stool of some kind

- This can be a Squatty Potty or any kind of stool that will elevate the child's knees at or above hip level



- This takes the 'kink' out of the lower rectum (i.e. anorectal angle)
- Places the anorectal angle more vertically so there is less resistance to elimination
  - Less need for bearing down or breath holding to eliminate

### 3. **Make sure your child feels safe and comfortable on the toilet**

- Sensory processing problems, especially in public restrooms, can lead to discomfort with toileting
- Be observant and ask questions if you're able
- Can use a topper on the toilet so the child doesn't feel like they will fall into the toilet

### 4. **One sign of a sensory processing issue is If the child plugs their ears in bathrooms due to the noise of flushing toilets or hand dryers**

- Try a pair of noise-canceling headphones to use while in the bathroom
- The noise can sometimes be enough of a distraction that it is difficult for the child to pee or poop in a public restroom

### 5. **Bright lights and lots of shiny surfaces can also be distracting for some children and create enough of a distraction that toileting is problematic**

- Try a pair of sunglasses to dim the brightness for the child

## **Join Me in the Childhood Bowel and Bladder Dysfunction Course!**

### **In this course, we will cover:**

- Bed-wetting and all the different types of accidents that can happen
- Basic foundational knowledge of what normal and healthy bladder and bowel function looks like, what dysfunction looks like
  - Signs and symptoms of dysfunction of the bladder/urinary system
  - Signs and symptoms of dysfunction of the bowel/gastrointestinal system in children
  - If you know what normal/healthy looks like you can better see dysfunction in the child in front of you
- Things that make treatment difficult in a child such as:
  - Sensory processing issues
  - Hypermobility
  - ADHD
  - Autism spectrum disorder
  - These all play a part in bladder and bowel health in children
  - Lots of education is included so that you know how to educate children and the family members and other caregivers
    - Ready-to-use handouts so that patient education is easy to implement
- How and when you should be referring out to another professional, and why