

Childhood Bedwetting and Accidents

Constipation in Children

- The number one reason for childhood bedwetting and accidents is constipation
- Constipation is infrequent bowel movements, painful poops, passing small pellets when pooping, and so many more signs/symptoms that are overlooked

Signs/Symptoms of Constipation:

- Extra large poops (clogging up the toilet, having to manually break up the poop in order to flush, etc.) is a sign of long-standing constipation
 - What often happens in the case of constipation is that the child eats food which moves along the digestive tract toward the rectum (“poop tube”)
 - When there is enough poop accumulated, creating a stretch of the rectum, a signal is sent to create the urge to poop
 - The child ignores this urge (due to not wanting to stop an activity, lack of awareness of the sensations and what they mean, etc.)
 - The poop compounds on itself, rectum starts stretching more to create space for the poop
 - Nerves become less sensitive to this stretch, so it takes more stretching to send the signals to create an urge, and the rectum is getting bigger and bigger until there is nowhere else for the poop to go
 - Poop comes out as a massive bowel movement
 - Could be twice a week, could be every day
- Pooping multiple times/day
 - Not getting a complete empty of the rectum due to such high volume in the rectum
- Bladder dysfunction
 - Bedwetting at night
 - Leaking urine during the day
 - Overactive bladder
 - Bladder is being irritated by the rectum pushing on it and not allowing the bladder to expand to its normal capacity
- Urinary tract infection (UTI) or bladder infection
 - Occurs when rectum is backed up with poop
 - Poop can seep out, and (especially in girls) the end of the urethra (“pee tube”) is in very close proximity to the anus (end of the “poop tube”), which creates higher risk of contact with the poop
 - May find poop stains in the child’s underwear or they are pooping their pants
 - The child may be so constipated that the poop is seeping out and they aren’t aware of it when it occurs
 - The poop can migrate up to the very short pee tube, then migrate up to the bladder creating an infection
 - Something to look into especially if infections are recurrent
 - Constipation is often a missing piece of the puzzle when it comes to UTI and bladder infections

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