

Bowel and Bladder Bad Habits

- Children often have similar bowel and bladder habits as their parents

Some common habits to be aware of:

- “Just in case” peeing
 - Should be able to hold bladder for 2-4 hours, depending on fluid intake (drinks, foods, smoothies)
 - Track child’s pee frequency to see when they last went and determine how long they might have before needing to void next rather than having them go ‘just in case’
 - Habit of using a bathroom every time it’s available, even if it hasn’t been long, is another version of ‘just in case’ peeing
 - Can reframe this habit to instead ask if the child needs to go or if they want to give it a try, rather than telling them to go ‘just in case’ in order to avoid training bad habits
 - Bladder and bowel are creatures of habit, and when they are not it’s because something has changed in our routine (sleep, travel, diet, exercise, etc.)
- Dehydration
 - This can look like avoiding taking in fluids so don’t have to pee
 - Dehydration is a bladder irritant and makes the bladder want to get rid of fluids more quickly/more frequently
- Avoiding using a public restroom, particularly for a bowel movement
 - The child will pick up on this habit either directly or indirectly
 - This can start the process of withholding, even though the child might be feeling the urge
 - Can lead to constipation if not addressed

Awareness of habits is key in order to begin breaking bad habits!

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