

Children respond to praise. You can see it in their face. Giving your child positive feedback is a key part of helping your child manage constipation or soiling. There are many ways to give positive feedback to children of all ages. Here are some tools that you can use:

Tool: Sticker Chart

A sticker chart is an easy way to reward your child's positive behaviors. It can be as simple as a blank piece of paper that you post on the refrigerator door. You and your child may choose to design the sticker chart or use a calendar page. The chart will be used to place stickers that your child earns for things like:

- sitting on the toilet
- taking medication
- pooping on the potty
- not soiling, letting you know that they have to go to bathroom
- taking care of their own clothes if soiled

Thinks to keep in mind when using a sticker chart:

Do:

- be consistent-always give stickers and verbal praise promptly
- focus on the positive, give stickers for positive behaviors
- give verbal praise with each sticker
- set goals-after getting 10-15 stickers, and provide a reward

Don't:

- take stickers away once child has earned that sticker

Rewards ideas:

- healthy snacks (you can make these together)
- sugar free gum
- special stickers-flashy, cute, sporty
- cool pencils
- trinkets
- alone time with parents
- go to the park
- play catch
- play board game
- art projects
- stay up five minutes later at bed-time

Tool: Positive Rewards Game

This game allows you and your child to design and choose the rewards in a form of a board game. The basic idea behind the game is that your child moves along the game board by completing their bowel management behaviors. As your child moves along the spaces of the game, they receive rewards. The goal of the game is to help your child be successful in using the toilet and reduce accidents while having fun.

Things that you might need:

- large paper
- poster board
- markers
- crayons
- stickers
- colored pencils
- glue
- work space

- dedicated time to make the game

Game creation steps:

1. Ask your child what theme they want for the board game. (Sports, Candy Land®, Legos®, race track, princesses, etc.)
2. Design the board game so it will last for one month (about 300 spaces).
3. Each space on the board game is worth one point.
4. Every 10th space is a special space that should look different than the other spaces (this space will be a special reward space).
5. Make a point system with your child. For example:
 - 1 point for:
 - Taking medicine
 - Toilet sitting
 - Clean day
 - 2 points for:
 - Putting poop in the potty where it belongs
6. Each point that is earned will be filled in with a sticker on that space.
7. Praise your child with each point earned.
8. Every time your child reaches a 10th space, they get to pick something from a list called the “rewards menu”.
 - Choose and discuss the prizes on the “rewards menu” with your child before the start of the game. You have the final say as to what goes on the prize menu. Prizes should be free to inexpensive.

Your child will progress through all the spaces to the finish line at the end of the game. At the end of the game, your child should get a “Grand Prize.” You should discuss and choose this prize like the prizes on the rewards menu with your child at the beginning of the game. The “Grand Prize” should be a bigger reward but should be affordable for your family. Ideas for the “Grand Prize” might include:

- Allowing your child to have a friend visit
- Special night out with family
- Going to a movie
- Letting your child stay up an extra 30 minutes past bedtime

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 05/2017