

## What are voiding habits that children should be practicing?

### Voiding Habits for Girls

- Sit back on the toilet
- Foot support if necessary
- Relax, don't strain or push
- Knees apart

### Voiding Habits for Boys

- Open fly completely
- Relax, don't strain, push, or rush
- When finished, wait a moment and try again- there may be more!
- Sit if it helps

## How does a Scheduled Voiding Program help?

In a Scheduled Voiding Program, you will try to re-learn to empty the bladder when it's time to go, rather than waiting until you "feel" like you have to go. The best interval is every 2-3 hours when you are awake. The idea is to keep the bladder empty so urine will be less likely to leak or to get infected.

When at home or at play, an alarm watch may be a good way to remember when it's time to void. During school, however, it is better to establish a schedule such as:

- Go to the bathroom as soon as you get to school
- Go to the bathroom at the midmorning break
- Go to the bathroom at the start of lunchtime
- Go to the bathroom in mid afternoon

- Go to the bathroom just before leaving school
- Once at home, go by the clock – every two hours

When following this program, the voiding habits described above are important so that the bladder can be thoroughly emptied without straining. Remember that the child has to try at each scheduled time even if he or she thinks there isn't any urine or had just voided a little earlier. Sticking to the pattern is very important. Sometimes people will say they "cannot void" or "do not have to void." This is rarely the case, because everyone makes urine continuously; so, if the bladder has not been emptied in the past 2 hours, there will be at least one ounce of urine in almost anyone. The job is to learn to relax when it is time to urinate.

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