

physio



personal care
for personal health

she

Children's bladder and bowel problems

Bowel: Constipation, straining with bowel motions, painful bowel motions, faecal (bowel) soiling

Bladder: daytime wetting, night-time wetting, lack of awareness of needing to go to the toilet

What is normal?

Children develop bladder and bowel control at different times. Children tend to inherit the age of bladder and bowel control from one of their parents.

Research tells us boys are affected more than girls with problems related to bladder and bowel control.

Bed-wetting can persist beyond the age a parent believes they should have control.

In a classroom of 5-7 year olds, there will probably be 2-3 children who wet the bed.

25% of children will have associated day-time symptoms including urinary urgency and frequency, and wetting. There is some correlation with constipation, and soiling.

Occasionally, problems with bladder and bowels can persist into adulthood. Less than 2% of 18year olds face this problem.

What can SHE do?

Parents and children both play a large part in the success of physiotherapy.

Physiotherapy involves teaching good habits: adequate fluid intake, scheduling toilet breaks, and providing strategies to deal with constipation and soiling.

Bladder training helps to develop bladder capacity and control urinary urgency.

Learn to establish regular bowel and bladder habits.

What can I do before I bring my child to see SHE?

Don't punish your child for wet beds and underpants and for soiling.

Do encourage drinking, and eating good fibre: fruit, salad and vegetables.

If you see your child fidgeting, ask them if they need to go to the toilet.

Monitor how frequently your child has bowel actions and how often your child voids (wees).

When is the right time to seek help?

Bladder Problems:

It is worth asking for help for a child over the age of 4 with day-time wetting problems.

It is worth asking for help with for a child over the age of 6 with bed-wetting.

Bowel Problems:

Constipation and soiling should be treated as soon as the parent notices it. There should be a long term plan to prevent this recurring once the problem is solved.

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