

## BLADDER CONTROL: TIPS AND TRICKS

- Apply pressure to lower abdomen to empty bladder completely
  - label this feeling for the child
- Use visual or auditory stimuli to help learner relax while on the toilet
- Use stimulation that elicits urination
  - Running water in the bathroom
  - Pouring water on the genitals
- Have the learner count after urinating to avoid getting off of the toilet too soon
- Adaptations for lack of bladder and/or bowel awareness
  - Auditory reminders set on intervals
  - Visual supports with bathroom times listed
  - Social stories about emptying bladder/bowels
- Building awareness of body state
  - Do periodic body checks
  - Repeated practice at identifying the signals that indicate the feeling, state (emotion) and action

Social story example: “It is healthy to empty your bladder a few times a day. Some people know when they have to go by the feelings in their bodies. Others may not have these feelings like me. While I learn about these feelings, I will use reminders to go to the bathroom. I will try to go at 9, 11, and 2. (OR I will try to go an hour after I drink).”  
(Mahler, 2017)