Children’s Bladder and Bowel Control

When is it a problem?

✓ Most children have not developed the connection between brain and body to control elimination before the age of 1 year so it may not be a concern until the child is over the age of three.

✓ Bowel and bladder control usually begins with nighttime bowel control; daytime bowel control; daytime bladder control and finally nighttime bladder control.

✓ Has your child had control and then lost control which may indicate that there is a physical or emotional problem.

✓ Your child has become very resistant to toilet training or fearful.

Solutions:

✓ Wait until your child shows signs of readiness for toilet training such as telling you he/she is wet, can follow directions, goes several hours without wetting and shows an interest in using the toilet. Pushing a child to toilet train too early can only slow the process and traumatize the child.

✓ Talk to your child’s pediatrician about any possible physical problems that could be causing bowel or bladder problems.

✓ Do not punish your child for accidents but reward successful efforts with praise or small tokens.

✓ If your child has recently gone through a trauma or big change it may be helpful to consult a mental health professional to help them cope with their emotions.