Urinating Routine For Boys – Ways to Improve

The following suggestions will help your child to improve his urinating (peeing) routine.

To help prevent urinary tract infections and/or wetting accidents:

1. Have your child urinate frequently, at least every two hours when he is awake.
2. Encourage him to relax so he can completely empty his bladder.
   - Help or remind him to pull his pants and underpants down so his penis is not tightened by his clothing. Remind older boys to completely open the fly of their pants.
   - Allow plenty of time to go to the bathroom. Avoid rushing. Friends and TV will wait! Relax and allow for all the time that is needed.
   - Remind your child not to strain or to try to “force” urine to come out.
   - Provide your child with lots of fluids. Encourage him to drink often.

Special Instructions:

If you have any questions, call your doctor or the Children’s Mercy Hospital Information Line at (816) 234-3188.