Urinating Routine For Girls – Ways to Improve

The following suggestions will help your child to improve her 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 she is awake.
2. Encourage her to relax so she can completely empty her bladder.
   - Remind her to rest her feet on the floor when sitting on the toilet. If her feet do not reach the floor, use a step stool.
   - Help or remind her to pull her pants and underpants all the way down to her ankles. This will allow her to move her legs apart while she is sitting.
   - 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.
3. Provide your child with lots of fluids. Encourage her to drink often.
4. After urinating, remind her to wipe herself from front to back.

Special Instructions:

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