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Physical,  
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*providing  
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# Incontinence

Incontinence can happen with bowel and bladder functions and can be frustrating for both the parent and the child. It can cause social and psychological disturbances and be emotionally stressful.

Children have approximately three stools per week to three stools per day, starting at age three.

### **Bowel incontinence can happen:**

- When children hold their bowel and their pelvic floor muscles are overstretched
- When children are constipated
- When children have a poor sitting posture and cannot empty their rectum completely



### **What to do:**

- A bowel cleanse, with your doctor's direction
- Strengthen the pelvic floor muscles and muscle reeducation with physical therapy
- Drink more water
- Change your diet, with your doctor's direction
- Increase physical activity
- Toileting schedule – right after waking up and eating times

**Children have awareness of bladder sensation between 1-2 years old, but cannot voluntarily control urination until age three.**

### **Urinary incontinence can happen:**

- Not completely emptying the bladder
- Loss of normal bladder function due to damage of the nervous system
- Drinking bladder irritants such as citrus juices and sports drinks
- Holding the urine
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### **What to do:**

- Pelvic floor strengthening and muscle reeducation with physical therapy
- Stop drinking bladder irritant fluids and drink more water
- Toileting schedule



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