

# 如厕技巧

## 如何教孩子养成良好的如厕习惯

以下技巧将帮助您孩子轻松地如厕。  
这有助于保持膀胱健康，避免感染。

### 排尿（小便）习惯

重要的是，让孩子在排尿（小便）时保持放松。这样才能让膀胱完全排空。排空膀胱可以防止细菌在尿液中滋生。如果细菌滋生，就可能会导致感染，例如尿路感染 (UTI)。  
确保您的孩子饮用足够的水。如果孩子饮水充足，尿液应该是淡黄色或透明的。

### 帮助孩子放松排尿的技巧：

- 如果孩子穿着裤子或紧身裤，请将其中一条腿上的裤子完全脱掉，以便他们有足够的空间张开双腿。
- 孩子们在成人马桶上可能会感到不舒服，想要快点下来。给他们提供一个脚凳，会让他们感觉更稳当。  
对于年幼的孩子，可以使用便盆椅。
- 孩子应该双脚和双膝分开（与髋同宽）坐下。
- 让孩子将肘部放在膝盖上，身体前倾，使骨盆倾斜。这个姿势有助于放松盆底肌肉。
- 让孩子缓慢地深呼吸。
- 让孩子像布娃娃一样放松头部、手臂、身体和腿部的肌肉。
- 让孩子想象尿液像溪流或花园水管一样缓缓流出。
- 打开水龙头。流水的声音可能有助于孩子排尿。
- 给孩子充足的时间排尿。放松并排空膀胱可能需要 3 到 5 分钟。
- 孩子上厕所时，不要让他们看电子屏幕（电子游戏、手机、平板电脑）。这可以让他们更好地集中精力排空膀胱。
- 孩子应该每 2 到 3 个小时排尿一次，这样有助于防止如厕时着急和紧张。

### 了解更多

- 泌尿科  
206-987-2509
- 询问您孩子的医务人员
- [seattlechildrens.org](http://seattlechildrens.org)

### 免费口译服务

- 在医院里，请咨询您的护士。
- 在医院外，请拨打家庭免费口译热线：  
1-866-583-1527。告诉口译员您需要呼叫的名字或分机号码。

## 排便 (大便) 习惯

最好让孩子每天排便（大便）。鼓励孩子在早餐或晚餐后花点时间坐在马桶上。排便不规律且大便干硬（便秘）的孩子通常也无法完全排空膀胱。孩子每天的大便（粪便）最好都像软土豆泥一样。

检查孩子的饮食。有些食物，如乳制品、白面包和高度加工食品（如冷冻或预制食品）会导致便秘。鼓励孩子多喝水，多吃富含纤维的食物。

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## 高纤维食物包括：

- 面包/谷物 - 杂粮面包、玉米面包、全麦饼干、小麦片、麸皮松饼、葡萄干麦麸、糙米、饅、苔麸（英吉拉饼）
- 水果 - 无花果、椰枣、葡萄干、草莓、甜瓜、李子/西梅、梨、橙子、黑莓、番石榴、面包果、芋头、牛油果
- 蔬菜和豆类 - 烤豆、炸豆泥、玉米、豌豆、西兰花、山药、南瓜、青豆、卷心菜、羽衣甘蓝、扁豆/木豆、鹰嘴豆、黑豆、毛豆/大豆、海藻
- 零食 - 爆米花、坚果、种子（葵花籽、南瓜籽、亚麻籽、核桃、奇亚籽）、椰丝、格兰诺拉麦片
- 如需了解更多信息，请参阅我们的“高纤维食物”手册。  
[seattlechildrens.org/pdf/PE592.pdf](http://seattlechildrens.org/pdf/PE592.pdf)

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## 我应该联系谁？

如果您有任何问题或疑虑，请致电 206-987-2509 联系泌尿治疗中心 (Urology Clinic) 的护士。

# Toileting Tips

## How to teach your child good potty habits

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These tips will help your child to relax while going to the bathroom. This helps to keep the bladder healthy and free from infection.

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### **Peeing (Urinary) Habits**

It is important for your child to relax when peeing (urinating). This allows the bladder to empty completely. An empty bladder will not allow germs to grow in the urine. If germs are allowed to grow, they can lead to infections, such as a urinary tract infection (UTI).

Make sure your child is drinking enough water. Your child's pee (urine) should be pale yellow or clear if they are drinking enough water.

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### **Tips to help your child relax when going pee:**

- If your child is wearing pants or tights, remove them completely off 1 leg so that they have plenty of room to spread their legs open.
- Children may feel uncomfortable on adult toilets and want to get off the toilet quickly. Provide a step stool for their feet so they feel more stable. For younger children, use a potty chair.
- Your child should be sitting with their feet and knees wide apart (hip width).
- Have your child place their elbows on their knees. Have them lean forward so the pelvis is tilted. This position helps the pelvic muscles to relax.
- Ask your child to take slow, deep breaths.
- Have your child relax their head, arm, body and leg muscles like a rag doll.
- Have your child imagine urine flowing like a stream or a gentle garden hose.
- Turn on the water faucet. The sound of running water may help your child pee.
- Give your child plenty of time to pee. Relaxing and emptying the bladder can take from 3 to 5 minutes.
- Discourage screen time (video game, cellphone, tablet) while your child is in the bathroom. This may promote better focus when emptying their bladder.
- Your child should pee every 2 to 3 hours to help prevent urgent and unrelaxed trips to the toilet.

### **To Learn More**

- Urology  
206-987-2509
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### **Free Interpreter Services**

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### Pooping (Bowel Habits)

It is best for your child to poop (have a bowel movement) every day. Encourage your child to take time to sit on the toilet after breakfast or dinner. Often, children who have a problem with infrequent and hard bowel movements (constipation) may also not be able to empty their bladders completely. It is best for your child to have a soft mashed potato consistency poop (stool) every day.

Check your child's diet. Some foods, such as dairy products, white bread and highly processed foods (like frozen or pre-made meals) can cause constipation. Encourage your child to drink plenty of water and eat foods rich in fiber.

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### High fiber foods are:

- Breads/cereals - multigrain bread, corn bread, whole wheat crackers, shredded wheat, bran muffins, raisin bran, brown rice, naan, teff (injera)
- Fruits - figs, dates, raisins, strawberries, melons, plums/prunes, pears, oranges, blackberries, guava, breadfruit, taro, avocado
- Vegetables and legumes - baked beans, refried beans, corn, peas, broccoli, yams, squash, green beans, cabbage, collard greens, lentils/dal, garbanzo beans, black-eyed peas, edamame/soybeans, seaweed
- Snacks - popcorn, nuts, seeds (sunflower, pumpkin, flaxseed, walnuts, chia), shredded coconut, granola
- For several more ideas, see our handout "High-Fiber Foods."  
[seattlechildrens.org/pdf/PE592.pdf](https://seattlechildrens.org/pdf/PE592.pdf)

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### Who do I call?

If you have questions or concerns, please call the Urology Clinic to speak with a nurse at **206-987-2509**.