



Directions:

1. Check the box each time you empty your bladder (pee). Remember your child needs to TRY to use the bathroom every 23 hours, even if they don't feel like they have to go. To help, they can put their feet up on a stool and review relaxation techniques.
2. Your child should drink three _____ ounce glasses of water every day. They should drink each glass in 15 minutes. Put a W in the chart each time your child drinks a glass of water.
3. A = accident and D = damp pants. When these things happen, mark the calendar.
4. Put an X in the bowel movement (BM) box when you have a bowel movement. If we are concerned about constipation, please describe the bowel movement. (For example, was it hard to pass or painful?) You can use _____ as a stool softener.
5. In the 'Overnight' column, please write "Dry" or "Wet".

If you are returning for a follow-up visit, it is very important to bring your calendars so we can review them. The calendars help us know how your child is doing so we can adjust care. Thank you!