

How can I help my child be successful with enemas?

Talk positively about the enema

- Remember what you are doing is helping your child.
- Feel comfortable about giving the enema. Your child will sense if you are nervous or unsure.
- Treat the enema as a normal part of your child's daily schedule.
- Remind your child that with the enemas they will be able to:
 - have fewer accidents
 - wear regular underwear
 - join activities that were hard to do before starting enemas
 - feel better

Recognize your child's feelings

- Admit this might be hard for your child.
- Your child may feel scared or angry.
- Your child may feel different from their brothers, sisters and/or friends. They may wonder why they must do enemas and others don't.
- Tell your child what you will be doing. Children are less afraid when they know what to expect.
- Younger children may feel they need an enema because they were naughty or did something wrong.
 - Remind your child they did nothing wrong. Our bodies sometimes need extra help to feel better and be healthy.

Find what helps your child cope

- Every child copes with new things in a different way.
 - With your child, develop a coping plan they can start if they become uncomfortable.
- Ways to help your child cope could include:
 - using electronic devices, books, toys, a favorite activity, or talking to distract them from the enema process
 - taking deep breaths to relax
 - squeezing a favorite toy, blanket, pillow
 - holding your hand
 - singing a favorite song

Make enema time special

- Make this the time of the day your child gets screen time.
- Do an activity they do not typically get to do. The activity is only for enema time.
- This can become special one-on-one time with you.

Allow choices when possible

- Your child may feel a loss of control over their body because of the enema. Being able to make choices about the enema gives your child back some control.
 - Only give choices when there is a real choice to be made. For example:
 - to have the enema is not a choice, but when they want the enema could be a choice. “Do you want the enema now or after you finish your homework?”
 - the type of activity your child can do while sitting on the toilet (reading, doing homework, watching a movie, playing a game, and so on)
 - which item(s) of comfort they would like to have with them (favorite toy, blanket, pillow, and so on)
 - which type of reward or reward system they could earn - this is to help your child complete the enema

Have your child help in preparing the enema

- Give them a job to do like:
 - helping mix the solution
 - getting the supplies
 - testing the catheter balloon
- This helps your child take ownership in their own health care. It also gives them back some control.

If needed, provide a reward

- Sticker charts may be helpful. Your child can earn a sticker after each enema. After a set number of stickers, your child earns a prize/reward.
- Give praise when successful.