

Powerful Reinforcement Technique

Now it is time to reinforce the communication between the brain & bladder.

This exercise is a very powerful reinforcement technique. Practice it every evening, or when happy and relaxed.

Only practice this when your child is in a positive frame of mind, and they have time to make up a story. **You can offer an example or two, but in the end your child must lead the story!**



Ask your child what instructions they are going to give their brain and bladder about how to talk to each other tonight.

For example, they might imagine a *rainbow or track* (let them lead this) between their brain and bladder with a *sportsperson or cartoon character* carrying the message e.g. “Gotta go.....,” up to their brain.

And perhaps a *cute puppy or superhero* will race back down and tell the bladder what to do “.....”.

Your child can change the words in italics to fit their own characters or interests. It can be anything as long as they are interested in it. And the more they use their own imagination the better. Keep it positive!

Harry Potter

Imagine you have a Quidditch Pitch between your bladder and brain with Harry Potter on a broomstick (perhaps a Firebolt!) carrying the message, “You gotta go to the toilet!” up to your brain. The message could be in the Quaffle – and perhaps Hagrid will race back down and tell your bladder what to do. “.....”

Roblox

What instructions are you going to give your bladder tonight? You might imagine you have an Obby between your brain and bladder with ‘The Overseer’ (or your own Roblox character) carrying the message “you gotta wake up and go” up to your brain.

And perhaps a superhero will race back down and tell your bladder what to do “.....”

<p><u>Cute Animals</u></p> <p>You might imagine you have a track of some sort between your brain and bladder with a cute bunny rabbit or pony carrying the message up to your brain e.g. hey, gotta go!</p> <p>And perhaps a tiny puppy will scamper back down and tell your bladder what to do “.....”</p>	<p><u>Ninja</u></p> <p>Imagine you have a martial arts track between your brain and bladder with Jackie Chan carrying the message up to your brain e.g. hey, you gotta get up and go to the toilet!</p> <p>And perhaps a wise Ninja Warrior will race back down and tell your bladder what to do. “.....”</p>
<p><u>Loves sport</u></p> <p>Imagine you have a track, field, or cricket pitch (you lead this) between your brain and bladder with your favorite sports person carrying the message up to your brain e.g. hey, you gotta go!</p> <p>And perhaps a famous sports person will race back down and tell your bladder what to do. “.....”</p>	<p><u>Minecraft</u></p> <p>Imagine you have a minecart track between your brain and bladder with Steve carrying the message up to your brain e.g. “hey, you gotta get up and go to the toilet!”</p> <p>And perhaps an enderman will race back down and tell your bladder what to do. “.....”</p>
<p><u>Mermaids & Dolphins</u></p> <p>Imagine you have a track or line between your brain and bladder with a very cute dolphin carrying the message up to your brain e.g. hey, wake up – you got to go to the toilet.</p> <p>And perhaps a Mermaid will swim back down and tell your bladder what to do “.....”</p>	<p><u>Leggo</u></p> <p>Imagine you have a Lego road between your brain and bladder with a Ninjago car / a favourite Lego creation carrying the message up to your brain e.g. hey, you gotta go to the toilet!</p> <p>And perhaps a minifigure will race back down and tell your bladder what to do. “Quick, hold it in!”</p>

If they say something like, “There is something in the way of the track/slide/etc. You could say, “Wow, what are you going to do about that?” Let them find the solution.

It is helpful if your child eventually makes up a few visualisations/ stories (don't do this all at once):-

1. Checking in with their bladder in the night and not needing to go

2. Checking in and needing to go – visualising waking up, getting out of bed and walking to the toilet and then getting back in their nice dry bed. What messages is the brain sending to their body to make all of these actions?
3. Always visualise waking up in the morning in a dry bed, thanking their messengers and taking the time to enjoy that feeling of waking up dry.

Keep it fun!



It can also be useful to ask them to count the number of steps there are from their bed to the toilet and back (during the daytime), and to write that number down.