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Kid-Tested



WAYS TO MAKE ENEMAS LESS SCARY

Compare the enema tip to a typical poop.



vs



Constipated kids' jumbo stools are *far* wider than an enema tip!

Let your child take control.

Young ones can open the package and take the cap off; older kids can give themselves the enema.

Help your child relax.

Encourage deep breathing, like blowing out birthday candles.



Offer rewards.

Screen time, toys, candy, cold, hard cash – whatever works!

Do a demo.

Squirt a sugar cube with a syringe of water until it starts getting mushy. Kids love the visual.

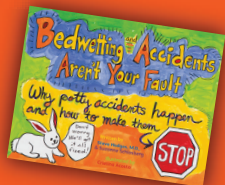


Give yourself an enema.

Yes, you! What better way to show empathy and offer a scouting report?

Read “Bedwetting & Accidents Aren’t Your Fault.”

Your child will know just what to expect.



Add lubrication.

K-Y Jelly or Vaseline on the tip and/or your child's bottom will ease the way.

Try different brands or ingredients.

To some kids, the shape of the tip matters. To others, liquid glycerin suppositories are gentler.