

THE WEE GAME™
A parent's guide





Introduction

Before starting bladder emptying you should always consult a doctor or a nurse to get proper instructions in use.

Play and learn

As your child develops, she will want to become more independent. This is a natural part of growing up. She may already show signs of wanting to take control of her own life – including her toilet habits. Encouraging her in this will make it easier for your child to be with other people as she grows up.

So when you feel your child is ready, you can start teaching her about going to the toilet and emptying her bladder. The Wee Game™ has been designed to help you and your child do this in a fun way. It's simple to use and as your child gets the hang of it, it's easy to make it more challenging. Have fun!



Tips for parents

Believe in her

Your child knows when you have confidence in her. Show her that you believe she can do it herself.

Be patient

It takes time to learn to empty the bladder. But it is worth spending some extra time so she can learn to do it properly.

Encourage her

Help your child by being positive. Praise her when she gets it right and gently remind her if she forgets something or does it wrong.

Learn what to do

Before you can teach your child how to empty her bladder, you need to be fully comfortable doing it yourself.



What is the Wee Game™?

The Wee Game™ is a set of cards that you can use to teach your child how to empty her bladder. The cards can be used to play different fun games that can be adapted to suit her age and level of ability.

Game content

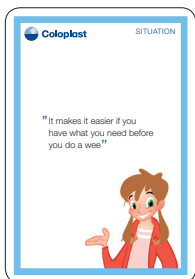
The game consist of three sets of 9 matching cards and a card holder booklet.

For some of the steps in the game there are cards for both SpeediCath and SpeediCath Compact. Use the cards that correspond to the catheter your child is using.



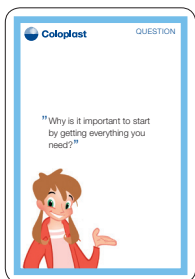
9 picture cards

Simple drawings that show each step in the bladder emptying procedure.



9 situation cards

Simple explanations of each step to match the picture cards.



9 question cards

Questions about why it is important to do each step.

How to play The Wee Game™

Beginners

The right order game

Show her the picture cards and talk about each step. Try and arrange the picture cards in the right sequence.

Tips

- Start with 1-2 steps
- When she understands the steps, put the cards in the wrong order



Intermediates

The matching game

When you feel your child understands the sequence of the different steps you can try a new game.

Match each situation card with the right picture cards.

Example:

Situation card: "It is important not to spread germs when doing a wee."

Picture card match: "Hand wash."

Tips

- You can either read the situation cards aloud or let your child read them herself
- Choose the situations which your child finds difficult
- Make the game more interesting by suggesting wrong combinations
- Make it easier by showing your child 2 or 3 possible matching cards, where only 1 is right



How to play The Wee Game™

Experienced

Quiz game

When your child can match the picture cards with the situation cards you can introduce the question cards. Ask your child the question on the question card. She then has to find the right answer on the picture card and situation card.

Example:

Question card: “Why should you wash your hands after doing a wee?”

Right answer: Situation card: “It is important not to spread germs when doing a wee” and picture card: “Hand wash”



Tips

- You can either read the situation cards aloud or let your child read them
- If your child can read, you can make the game more difficult by introducing the situation card first and ask for a matching question
- Choose the situations which your child finds difficult
- Make the game more interesting by suggesting wrong combinations
- Make it easier by showing your child 2 or 3 possible answer cards, where only 1 is right

How to play The Wee Game™

Cardholder booklet

When you find it relevant, you can create a personalised step-by-step guide for your child using the picture cards and the cardholder booklet.

Tips

- Celebrate this new stage in her development with a reward
- Personalise the booklet with one of her own drawings on the front page





Step 1

- Picture card: 2 versions
Show SpeediCath/SpeediCath Compact catheter + soap + cotton wool pads gathered together in an orderly fashion.
- Situation card: “It makes it easier if you have what you need before you do a wee.”
- Question card: “Why is it important to start by getting everything you need?”

Step 2

- Picture card: Show Hand wash.
- Situation card: “It is important to have clean hands before you do a wee, so you don’t get germs in your bladder.”
- Question card: “Why should you wash your hands before you wee?”



Step 3 (2 versions)

Version 1

Picture card: Show opening of the SpeediCath catheter pack.

Situation card: “Hang the pouch somewhere you can easily reach it. Open the pouch by pulling the ring.”

Question card: “What should you do with your catheter before you start to wee?”

Version 2

Picture card: Show the 3 step preparation of the SpeediCath Compact catheter.

Situation card: “Hold the catheter upright.
Break the see-through label by twisting the inner and outer tubes in opposite directions.
Pull the two tubes apart until the connector appears.
You will feel a resistance and the catheter will then click into place.
Bend the upper hand slightly forwards and backwards to release the catheter.”

Question card: “What should you do with your catheter before you start to wee?”

Step 4

Picture card: Picture of a girl, sitting on the toilet, with no underwear.

Situation card: "Sit comfortably on the loo. This makes it easier for you to be ready to do a wee."

Question card: "Where should you sit when getting ready to do a wee?"

Step 5

Picture card: Show washing of female genitalia ("Open labia and wash down").

Situation card: "Wash your wee hole before doing a wee. It is important to wash your bottom from front to back. Attach a mirror to your thigh if this makes it easier."

Question card: "How should you wash your bottom before doing a wee?"

Step 6

Picture card: 2 versions
Show insertion of SpeediCath/SpeediCath Compact into female genitalia (urethra) (incl. an arrow pointing inwards).

Situation card: "Slide the catheter gently into the wee-hole until the wee starts to come out. Then push it in a tiny bit more."

Question card: "How do you make the wee come out?"



Step 7

- Picture card: Same illustration as step 6, but with an arrow pointing outwards.
- Situation card: “Pull out the catheter slowly. Stop if more urine comes out.”
- Question card: “How fast do you pull out the catheter?”

Step 8

- Picture card: Hand wash.
- Situation card: “It is important not to spread germs after you do a wee.”
- Question card: “Why should you wash your hands after a wee?”

Step 9

- Picture card: Happy girl.
- Situation card: “Well done – you have done a wee all by yourself!”
- Question card: “Why should you feel proud of yourself?”

At www.coloplast.com you will i.e. find an animated instruction on how your child should catheterise herself.

For more information about how we can help making living with spina bifida easier, please visit www.coloplast.com or call your local Coloplast office.

Coloplast would like to thank all health care professionals, parents and children involved in the development of this material.

Supporting spina bifida
Growing with confidence



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