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**Bed Wetting Do's and Don'ts for Parents**

**By Jackie Kym**

There are many do's and don'ts that parents should be aware of in regards to their children who suffer

from bed wetting. Let's take a look at the do's and don'ts of this common childhood problem.

First of all do speak with your child's pediatrician at the first sign that bed wetting has developed into a problem. Never keep this kind of information from the doctor as he or she can be a wealth of information, advice and can also serve to put your mind, as well as your child's mind, at ease.

Do explain to your anxious or frightened child what is taking place in regards to his or her bed wetting situation and be open and honest with all of the questions that your child wants to ask you.

If you were a bed wetter as a child, do share your experience with your experience with your youngster so he or she feels less alone. It is comforting to know that someone you love once experienced what you are presently going through.

Do educate yourself as best you can in regard to your child's bed wetting. There is plenty of information to be found on the Internet, plus your local library should also have some books. As well talk to your doctor and he might be able to direct you to a support group. The more armed with information you are, the better you will feel in coping with the situation.

## Bed Wetting Do's and Don'ts for Parents

Do remain as patient and as calm as possible under the trying circumstances. You are upset enough by the situation, just think how your child must feel.

Do be understanding and supportive of your bed wetting child. He likely feels a great deal of shame, self-ridicule and fear at his bed wetting problem. Try to diffuse the situation as best as you can.

Do reward your child for dry nights on a consistent basis. The consistent basis is very important.

Being inconsistent in parenting in any area will not get you very far and it accomplishes little.

Do everything you can to make your child feel as comfortable and secure as possible (both physically and emotionally). For example you might suggest that your child wear thicker underwear or pajamas to bed at night.

Do try as many different kinds of treatments as possible for your child until you find one that works.

Do make an honest attempt to alter habits your child has that can contribute to the problem, such as drinking fluids right before bedtime or consuming too much caffeine.

Don't criticize your child or make him feel ashamed of bed wetting. He probably feels bad enough already without you making him feel worse.

Don't blame your child for his condition. This can damage his vulnerable self-esteem tremendously.

Don't scold or punish your child for bed wetting. He is not doing it deliberately to be bad and it does in no one reflect negatively on your parenting skills.

Don't prohibit your child from spending the night at a friend's house or going camping because of his condition. Instead encourage him to enjoy the activities he enjoys and take steps to end the bed wetting problem for good.

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Online Parenting Guide: Raising Children Articles, Tips, and Resources

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## **Holiday Beauty Do's and Don'ts**

### **By Lorene Radenz**

Why is it that whenever you go to a holiday party, you can always find someone who doesn't look how you would expect? Is it because you think they overdid their fashion or make-up, or is it a touch of envy?

Beauty queen or fashion disaster, it's up to you. If you want to shine for the holidays, take note of these do's and don'ts to spruce up your look and receive raves from your friends and family.

#### Beauty Do's

Do Experiment.

Check out the latest in make-up and fashion trends and give them a try. This will update your look and chances are, you'll find something that enhances your skin tone and flatters your figure.

Do accentuate your finer features.

Play up your best features while drawing attention away from your problem areas. For example, do you have sleek shoulders but think your hips are too wide? Wear a sexy off-the-shoulder dress to show off your finer assets.

Do consult professionals.

If you're the do-it-yourself kind of gal, you can benefit from professional opinions now & then. Why not get a makeover for the holidays? Keep in mind, salons are booked tightly for the holiday season, so call well in advance for your appointment and use your time in the waiting room looking through magazines for updated hairstyles and fashion that best suit you.

Do simplify your beauty routine.

Unless you're headed out to a holiday party, forgo unnecessary extras that take up valuable time. Keep your hairstyle simple and make-up to natural colors that will look good with anything you wear.

#### Beauty Don'ts

## Bed Wetting Do's and Don'ts for Parents

Don't be afraid of change.

Dazzle your friends with a new look. Whether it's a new hairstyle, hair color, or just a dress, you'll get attention! Think of it this way, models look different for every shoot and are very versatile. Don't they always look great?

Don't wear too much make-up.

There's a fine line between a little extra holiday pizzazz or downright heavy makeup. Choose colors that compliment your face and blend it in well. Double check your face in bright lights before heading out the door.

Don't forget accessories.

Add the finishing touch to your overall appearance. The holidays are festive, so glam it up with accessories and jewelry. Splurge on that handbag you've been wanting and don't feel the least bit guilty.

Don't let stress get the better of you.

It's no secret that the holidays can be most stressful time of the year. Use your time wisely and learn to say "no." Your face can easily reveal stress and lack of sleep, so designate some of your duties to family members and be sure to get your beauty rest.

Lorene Radenz is a freelance writer and the founder of

<http://www.beautytipsonline.com>

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Holiday Beauty Do's and Don'ts

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