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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Bed Wetting Resources

By Jan Nicholas

While a doctor can be very useful in helping you deal with your child's bedwetting, health care

workers today are busier than ever and no one doctor can keep up with all the research and new information coming out each day. You may want to contact organizations such as the National Kidney Foundation or the American Academy of Pediatrics for more resources and then raise the information you find with your doctor.

You can contact some key resources about bedwetting yourself:

· The American Academy of Pediatrics (AAP) provides lots of useful information, and pamphlets about a variety of conditions, including bedwetting...

American Academy of Pediatrics (AAP)
141 Northwest Point Boulevard
Elk Grove Village, IL 60007_1098
Phone: (847) 434_4000
Fax: (847) 434_8000

Alternative address:

The American Academy of Pediatrics
Department of Federal Affairs
601 13th Street, NW
Suite 400 North
Washington, DC 20005 USA
Phone: (202) 347_8600
Fax: (202) 393_6137
Email:

kidsdocs@aap.org

Bed Wetting Resources

Web Address:

<http://www.aap.org>

· The PottyMD is a great resource about toilet training and bedwetting. Since this groups focuses only on this problem, you are sure to get information that is pertinent to the topic. Many parents swear by this resource.

PottyMD

2216 White Avenue

Knoxville, TN 37916

Phone: 1_877_POTTYMD (768_8963)

Web Address:

www.pottymd.com

· The National Kidney Foundation has recently launched a number of resources about bedwetting. Their website has lots of information and even video clips about the subject. Plus, if your child's bedwetting is caused by a kidney problem, this group can help you get information on that issue, as well.

National Kidney Foundation

30 East 33rd St., Suite 1100

New York, NY 10016

Phone: 1_800_622_9010

Web Address:

www.kidney.org

· The National Kidney and Urologic Disease Information Clearinghouse provides all sorts of information about conditions that affect the kidneys and urinary system. Not surprisingly, they have several resources just about bedwetting.

National Kidney and Urologic Disease Information Clearinghouse

3 Information Way

Bethesda, MD 20892_3580

Phone: 1_800_891_5390

Web Address:

www.kidney.niddk.nih.gov

· The Bedwetting Store carries a large selection of items relating to bedwetting. If you want to know about the latest items and devices that can help your child, consult this large online selection.

The Bedwetting Store

Bed Wetting Resources

Phone: 1_800_214_9605

Web Address:

www.bedwettingstore.com

· The American Academy of Child and Adolescent Psychiatry helps in distributing information about childhood psychiatry. It can be a useful resource if your child experiences undue upset because of bedwetting or if your child is experiencing secondary Enuresis caused by emotional trauma and needs treatment to overcome the problem.

American Academy of Child and Adolescent Psychiatry

Web Address:

<http://www.aacap.org>

WAIT! Do you need more tips and advice for kicking the bedwetting problem in your child? Head over to

<http://www.stopwetbed.com>

today!

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

Bed Wetting Resources

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.

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.

Bed Wetting Resources

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.

Jackie Kym, Publisher/Webmaster
BestParenting.net
Online Parenting Guide: Raising Children Articles, Tips, and Resources

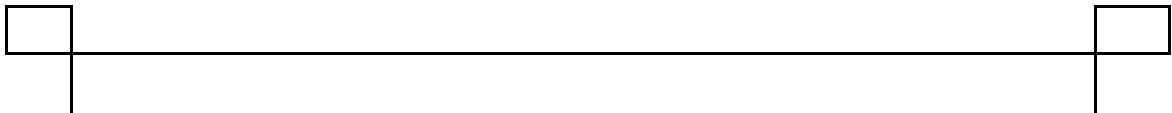
<http://www.BestParenting.net>

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