



## Bedwetting Information for Parents

If your child has a recent history of bedwetting, and is planning to come to Camp STIX this summer, we'd like to offer you our support and help to make his/her experience go as well as possible.

There are many ways to improve bedwetting in children, including avoiding caffeine, limiting fluid intake during the several hours before bed, complete emptying of the bladder before going to sleep, night-time awakening to use the toilet, controlling blood sugar during the night, and, for some children, using a medication such as DDAVP (which limits urine output during the night). We suggest that you explore these options well before the camp session, to ensure that your camper has the best chance for success while at camp.

We'd like to know about this ahead of time, so that our Med Team and our counselors can be prepared for this situation - which we do treat as confidential. This is why we include a question about bedwetting in our registration process. By knowing in advance, we can plan to awaken your camper for toilet use during the night when we make our blood testing rounds. We can also plan to have your camper sleep near the door on the bottom bunk, to facilitate getting up during the night.

We'd suggest that you consider sending an extra sleeping bag and some absorbent underwear (like Pull-ups or GoodNites), which can be privately used at camp to keep bedding from getting wet. If you find that one layer of such undergarments doesn't hold all the urine during the night, you can put on a double layer, tearing the lining of the inner layer, to allow soaking through to the outer layer. If you use a medication to help prevent night-time accidents, we can include this in the Med Team's plan for your camper each evening.

Your child and the counselor can work out a "secret" signal for the morning to let the counselor know if bedwetting has occurred. Then, after the kids have gone off to breakfast or their morning activity, the bedding can be discreetly removed and laundered during the daytime and returned for use by night-time.

It might be wise to make a bedwetting "game plan" with your child. Rehearse this plan before arriving at camp. Your plan may include:

- Encouraging your child to choose a bottom bunk (making it easier to get to the bathroom) and to find out where the nearest toilet is.
- Packing absorbent underwear (Pull-ups or GoodNites), extra PJ's and a spare sleeping bag to use in case of an accident. You might have him or her practice putting this underwear on in the sleeping bag, if desired.
- Reviewing what to do if s/he wets the bed, including signaling the counselor in the morning.

- Reviewing any preventive actions you feel are important, such as taking medication, restricting fluid intake, voiding before sleep, etc.

Thanks for reading this information! By working together, we can do our best to help avoid accidents at camp, and also to manage them confidentially and supportively if they occur.

Sincerely,

The Camp STIX Leadership Team