

Holiday Travel

Staying Dry On The Road

(NAPSA)—Visiting friends and family during the holiday season doesn't have to be stressful for the many children who routinely wet the bed nor for their anxious parents.

Bed-wetting, or nocturnal enuresis, affects five to seven million children in the United States, ages six to 12 and beyond. Whether it's due to genetic or individual causes, bed-wetting can lead to feelings of guilt and shame. To help alleviate the stress of overnight stays away from home, here are some helpful tips from the experts at the National Kidney Foundation:

- Schedule an appointment with your family doctor to rule out any underlying illnesses and to discuss possible treatment options.

- Minimize your child's caffeine intake, especially before bedtime. Too much soda at holiday parties can bring on bed-wetting.

- Brief the host or hostess on how to downplay the situation and be sensitive to the feelings of the child.

- Bring absorbent pants along on any overnight stays to combat wetness until your child outgrows the problem.

- Offer reassurance and information to the child, such as the fact that millions of children suf-



fer with the same condition and most outgrow the problem on their own.

- Minimize the importance placed on bed-wetting episodes and privately praise the child's efforts to stay dry.

- Play up the child's achievements in sports and schoolwork in front of others so the child can receive positive feedback.

- Never punish or blame the child.

The National Kidney Foundation and Kimberly-Clark have teamed up to help parents and children cope with bedwetting through research, awareness and education initiatives.

To learn more about bedwetting, call the Foundation at 1-888-WAKE-DRY.