

A TEEN AND PARENT GUIDE ON MANAGING NIGHT-TIME INCONTINENCE



Teens and parents alike are more hassled by incontinence during the night. For teenagers, the idea of wetting the bed can be humiliating while getting out of bed at the night to head to the bathroom can be difficult. On the other hand, parents sleeping after a long day of work may be cranky at night and very close to saying something hurtful even if they don't intend to.

Regardless of which side you're on, you have to get one thing straight: you can't cure night-time incontinence or wish it away. Now that that's out, here is what you, as a parent or a sufferer of teen incontinence, should be doing.

For Parents Before you learn how to ensure fewer night-time incontinence "accidents", you need to start teaching yourself a little bit of patience. You need to make sure that you don't scold your teen no matter how tired you feel. Also, you can take turns with your spouse or partner if you have one, to ensure that you don't turn bitter and angry every time you get up at night.

Once you're done with tackling yourself, here are some tips to help you manage your teen's incontinence during the night:

Invest in waterproof bedding so that you don't have to worry about wet sheets and unhygienic mattress. To further ensure the protection of your child's bed, use a washable waterproof mattress cover.

Make sure that your child's path to the bathroom is clear. That way they won't trip on their way or feel dissuaded to leave their bed because they're worried about falling. You can also install nightlights from your teen's room to the bathroom so that they can see clearly.

For Teens You may have feared night-time incontinence however, incontinence was never your choice and you can't cure yourself completely from it yet. Therefore, here are some tips to help you manage this.

Drink plenty of water based fluids regularly throughout the day .

Avoid caffeinated and carbonated and red berry drinks, especially later in the day.

Reduce your liquid intake one and a half to two hours before you sleep .

Use the toilet to pass urine regularly throughout the day, and always empty it immediately before going to bed.

Consider emptying your bladder twice before you head to bed. This will reduce your chances of a wet night,

So, don't cut your doctor or nurse out of the equation and be open to everything to be able to manage your or your teen's incontinence.

<http://www.teenincontinence.com/tips>