

## HOW TO HANDLE SLEEPOVERS



Joining your friends for a sleepover or having one at your place is definitely fun and bound to boost your popularity among other friends. However, if you're suffering from teen incontinence, having or being part of a sleepover is the last thing you want to do. After all, what will your friends think of you if they ever found out?

For starters, it can be good to tell your closest friends about this issue, but that's another discussion altogether. It's not always that easy to take this step, especially if the next sleepover is taking place very soon. So, here are some tips to help you get through a sleepover without anyone finding out.

- ➡ Since you're a young adult now, you should take it on yourself to set a few trials at home before the actual sleepover. You may need the help of your parents, but at least you'll be prepared for any sleepover and gain more control over your bladder or bowel movements.
- ➡ Learn how you can clean after yourself discretely. Again, your parents will be able to teach you how, so ask them to do so before you start your self-training session. This will give you more confidence and ensure that you easily tackle your problem.
- ➡ To avoid making a visible mess, suggest everyone to bring their own sleeping bag as this will give the sleepover a camp-like feel. Some of your friends will love this idea and you can probably sell it to the rest by making them a few offers they can't refuse, such as using your new video game console as much as they want! Sleeping bag liners are available and can be really helpful to contain any accidents.
- ➡ If you're sleeping over at friend's place, spend a few minutes learning about your surroundings and where the closest toilet is. You may also need to pack a torch so that you don't have to switch many lights on your way to the bathroom. Other essentials you should have in your overnight bag are plastic bags for disposing of soiled underwear, wipes to reduce any smells, and extra clothing.
- ➡ You may be eligible to take medication. If your doctor prescribes any medication, make sure that you start taking it a few days before your upcoming sleepover. Doing so will help you assess whether or not they actually work.