

# TIPS FOR MANAGING INCONTINENCE AT SCHOOL



Going to school can be a challenge for any teen suffering from incontinence. After all, there are hundreds of students on campus and some bullies can taunt you to tears. However, you don't have to worry about anyone finding out about you at school, especially once you're done reading the following tips for managing incontinence at school.

## **Make Sure Your Teachers Know About You**

Your teachers at school are responsible for your well-being, so they need to know if something is wrong beforehand. Telling your teachers will also ensure that they don't try stopping you from going to the toilet on time. If you can't handle this task yourself, ask your parent to do it for you..

## **Take Care of What You Wear to School**

Sometimes, teens end up wetting themselves despite reaching the bathroom on time. This usually occurs because they spend precious seconds fumbling with zips and buttons on their pants or skirts. If this has happened to you too, you need to consider choosing clothing that simply pulls off.

## **Don't Avoid P.E. Just Because You're Worried about Changing in Front of Others**

Sports periods are a hassle for teen incontinence sufferers. However, by avoiding those, you won't be able to improve your incontinence and may even gain a reputation for being wimpy. Instead, what you can do is talk to your P.E. teacher and inform them about your situation. By doing so, they'll make sure that you get to use the bathroom whenever you need it and that you can change easily before the rest of your classmates reach the locker rooms.

**Be Prepared at All Times** Just in case your clothes get wet, you need to have extras with you. You can always keep an extra pair of underwear in a zipped compartment in your bag. On the other hand, you can keep an extra of everything hidden in your locker or in a safe place in school . If you're worried about anyone asking, you can always say that you keep extra clothes in case you need to go somewhere after school.

**Don't EVER Drink or Eat Less; Control Your Intake**

Never cut down your fluid intake or else you'll develop infections or problems like dehydration. Instead, manage your fluid intake . Aim to have around 6-7 cups of water based drinks during the day. Similarly, don't avoid eating to control your bowel movements or else you may end up constipated and in pain. Also, make sure you regulate your toilet breaks so that you can relieve your bladder or bowels before they give way.

With these tips, you will be able to easily manage your incontinence issues while at school. However, remember to discuss these with your parents beforehand so that they can guide you.