

# TALKING TO YOUR PARENTS ABOUT INCONTINENCE



If you've noticed that your underwear has traces of faeces or drops of urine or if you're having trouble controlling your bladder or bowels at night, there's a good chance that you have googled your symptoms and came up with incontinence.

First of all, calm down; this is a common issue now with over 1 in 10 people suffering from it. Besides, there are numerous ways that can help you reduce the number of accidents you experience. However, you can't keep this information to yourself. Regardless of how embarrassed you feel, you need to have your parents involved.

**“Why Should I Talk to My Parents?”** Talking to your parents is important because you need moral support during this tough time. In addition, you will need someone to help make your trips to the doctor less stressful. If you think you can take these on yourself, here's one thing you may not be able to do on your own: talk to your teachers to take it easy on you and not forbid you from going to the bathroom on time.

**“How Should I Pull This Off?”** If you're sold to the idea of telling your parents that you have an issue that needs their attention, here is how you can tell them about your incontinence:

**Choose the Right Time** – You need a quiet time to talk to your parents. Therefore, avoid talking to them right after work or while you're sharing a meal. Instead, ask them when would be the best time for you to talk.

**Be Serious and Concerned** – As a young adult, you may take pride in acting aloof at times. However, this is not one of those times. For your parents to take you seriously, you need to let your concern appear on the surface. In addition, you should avoid jokes or else they'll believe it's a one-time issue .

**Be Truthful** – Always tell the truth to your parents. After all, they may need to go on and speak to doctor to find a solution for your issue. If you lie to them, they are bound to give your doctor the wrong information this may delay getting the correct help

**Show Your Parents that You Need Them** – Just sharing the news with your parents may not be enough; you need to be subtle and say that you need their support and help to manage this issue. As their beloved child, your parents/carers have tried their best to ensure that you stay safe from everything, but they may feel as if they failed you if they don't have any information on this issue.. You can also help by sharing what you have read about this condition so that they can be a little at ease.

Even if you feel that your parents don't care or if they're too hassled as is to bear with your bad news, you need to keep them in the loop. So, if you haven't told your parents already, do so right away so that you can get the medical attention and moral support you need.

(<http://www.teenincontinence.com/tips/talking-to-your-parents-about-incontinence>)