

POINTERS FOR PARENTS

Protecting Your Youngster's Camp Plans

(NAPSA)—Eating burnt marshmallows, learning to canoe or keeping raccoons out of a tent are delightful rites of passage for many children.

For the millions of kids who wet the bed, however, the words “summer camp” or “overnight camp out” can spell anxiety and fear of being found out. If your child is thinking about forgoing what could be the experience of a lifetime, you can tell him to think again. These tips from the National Kidney Foundation can help ease the panic:

- At the camp physical appointment with your pediatrician or family doctor, rule out any underlying illnesses and discuss possible treatment options;

- Remind your child to minimize caffeine intake at camp, especially before bedtime. Too much soda can encourage bed-wetting;

- Brief the counselor on how to downplay the situation and be sensitive to the feelings of the child. Suggest that he privately remind your child to use the bathroom right before going to bed;

- Pack a supply of disposable absorbent pants in the suitcase so your child won't have to deal with wet sheets in front of his peers;

- Suggest to your child that he keep an extra pair of pajamas at the bottom of his sleeping bag at all times so he can change quickly in the event of an incident;



Some six million children in the U.S. ages six and over wet their beds at night—but that need not mean they can't still have a fun and fulfilling time at camp.

- Offer reassurance and information to the child, especially the fact that millions of children suffer with the same condition and most outgrow the problem on their own.

The National Kidney Foundation and Kimberly Clark are teaming up to help parents and children cope with bed-wetting. The partnership includes research, awareness and education initiatives.

Parents can learn more and get a free brochure on coping with bed-wetting by calling the National Kidney Foundation at (888) WAKE-DRY or logging on to www.kidney.org.