

Bedwetting and Sleep Away Camp: A Four-Step Plan to Avoid Trauma

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FARMINGTON HILLS, Mich., May 7, 2015 /PRNewswire/ -- Summer overnight camp can instill anxiety and terror in the youngster who wets the bed. Lyle Danuloff, Ph.D., Staff Psychologist at the Enuresis Treatment Center warns, "The bedwetting camper lives with the paralyzing fear of the discovery of 'the secret.' The secret can come in the form of urine soaked sheets from the prior night and/or daytime 'accidents.' Odor is a constant threat. Once their secret is discovered by their peers, bedwetters can be subjected to teasing, bullying, shaming and outright rejection. The hurt and pain can be enormous."

According to Michael Stallsmith, M.A., Sp.A., Director of Treatment (<http://www.nobedwetting.com/about-us/meet-our-staff.html>) at the Enuresis Treatment Center, "We are surprised by the number of parents who recount their child's devastating experience of discovery during sleep away camp. Parents need to be diligent when it comes to protecting a child or teenager who wets the bed."

Take the following steps in order to reduce the threat of discovery for your child:

1. Inform camp counselors, in a highly confidential setting about your child's problem. Inform them that the problem is not psychological or intentional. Let them know that your child is suffering from a deep sleep disorder that produces the bedwetting. Inform them that your child does not "want" to wet the bed or have daytime accidents.
2. With those officials or staff, develop a plan for the discreet disposal of the wet sheets. If necessary, have fresh daytime clothes available, but out of the sight of other campers. Develop a "signal" that the bedwetter can use to alert the staff that a daytime accident may occur, or has occurred and activate the plan to change clothes.
3. Have wet wipes available to help with odor and clean up if a shower is not possible. Again, discretion is crucial.
4. NEVER assume that medications will keep your child dry. Most often they will fail to do so. If the medications fail, follow the directions above.

About Enuresis Treatment Center:

The Enuresis Treatment Center (<http://nobedwetting.com/>) is the largest and most experienced bedwetting clinic of its kind. The clinic is celebrating 40 years of successfully and safely ending bedwetting for children, teens and adults. They have achieved a 97% success rate, which allows for a money back guarantee. Barbara Moore, Founder, states "We have treated over 25,000 patients with our bed-wetting program. Individual treatment plans are developed for each patient and are administered by our staff of trained experts. The power of the Internet allows us to provide treatment wherever you live in the world. Treatment visits can occur by Skype, telephone or at our clinic."

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