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## Summer Camp Survival Guide for Bedwetters

Ten million children a year head to summer camps to meet new people, experience new things, challenge themselves and enjoy a change of scenery. However, children suffering from bedwetting (urinary incontinence at night) often choose not to take part because they're embarrassed. On the other hand, some parents may be too worried that their children will be mocked if someone found out.

Whether you're a child or a parent, bedwetting should never stand between a child and a great summer camp experience. Yes, it IS a problem, but it is easily manageable if you have a plan.

### Planning Tips for Parents

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**Tip #1:** Before the camp session starts, head to the camp with your child and check out its facilities. You should also check the sleeping arrangements as well as their proximity to the bathrooms, and make sure your child has a clear impression of the route to take to the bathroom.

**Tip #2:** Ask the instructors if they ever handled children suffering from child incontinence (trust me, any experienced camp counsellor has dealt with this before!). Discuss your child's needs with them so that they know what to do and how to help. Keep your child in the loop on this conversation, so he or she knows at least one instructor to go to for help.

**Tip #3:** Talk to your child's physician – there are frequently new medications and treatments that may (in the short term) help reduce or eliminate night time bedwetting. However, take this step at least a month before shipping your kid to camp to see if the medications/treatment is actually working.



**Tip #4:** Prepare a "Night Time Kit" including:

- **Disposable incontinence products** (pull-up underwear is generally more discreet but briefs with tabs are easier to change without removing all clothing)
- **Disposable underpads for the bed** (optional and depending on how much your child urinates at night)
- **Disposable washcloths or wipes** (which help to make cleanup easier and prevent rashes, especially in hot summer weather)
- **Disposal bags for throwing out soiled products** (kitchen catchers are a good size and are opaque, so they less likely to be embarrassing for the child)
- **Sealable bags for soiled clothing** (extra-large Ziploc bags are inexpensive and contain smells that might be embarrassing)
- **At least 2 pairs of pyjamas for each night they spend in camp**
- **A good quality flashlight and extra batteries** (for late night trips to the bathroom).

**Tip #5:** Teach your child how to discreetly clean after themselves and dispose of any products they use.

Whatever you do, make sure to talk to your child about each of these steps. You should also soothe them because they'll be tense about going to a regular camp, especially if this is their first time.

## Planning Tips for Kids

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Though your parents may take care of most of your needs, it is your responsibility as well to make sure that things go smoothly at camp. Here are some tips to help you have a fun summer at camp minus any awkwardness:



**Tip #1:** Before heading to camp, start practicing how to change soiled incontinence containment product, clean yourself, and (if necessary) change your clothes in poor lighting. It's often tempting to just wait until the morning if you wake up in the middle of the night with a wet bed at home, however learning to do this now means that you can do it at camp and avoid an awkward situation when everyone else wakes up.

**Tip #2:** Go over the Kit that your parents have put together for you and make sure you know how to use each item in it. You don't want to discover your first night at camp that you need to change at night but can't figure out how to turn on your flashlight!

**Tip #3:** When you get to camp, check each night before sleeping that your kit is within easy reach and that you know the path to the bathroom. It can be hard in the dark, or if you're still half asleep, to find these items, so do a mental check before sleep to keep it fresh in your mind.

**Tip #4:** In the absence of your parents, your counsellor is in charge of helping you and making sure you enjoy your camp experience. He or she will almost certainly be both compassionate and more than happy to help if needed, from running out of supplies unexpectedly, or needing to know where the best place to dispose of soiled materials is.

**Tip #5:** Stay hydrated, especially in hot summer weather, but consider cutting back or eliminating liquids 2 hours before bedtime, and making a trip to the bathroom your last task before turning in for the night.



## Need help?

Healthwick offers Canada's largest selection of incontinence products. We carry a wide selection of diapers and pul-up absorbent underwear in sizes x-small, small, junior and youth for kids ages 6 to 16. Many of our products are available as free samples. So if you don't know what product you need, we recommend you try a few samples to start. If you need some help, please don't hesitate to get in touch with our team. We're here to help!



# We're Here to Help

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