

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.

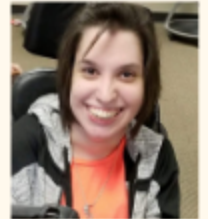


A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Enuresis: Overcoming Incontinence

WRITTEN BY ASHLEY MOHESKY, FEATURED WRITER



Enuresis is an elimination disorder that involves incontinence (loss of bladder control) of urine in inappropriate places, other than the toilet, after the age of five. Approximately 5-10% of children are diagnosed with enuresis at five years old. A few causes of enuresis include: small bladder, persistent urinary tract infections, stress, and developmental delays. The disorder is diagnosed by lab tests, a urinalysis, and blood work to measure blood sugar, hormones, and kidney function. Health concerns that could affect the development of enuresis are: diabetes, infection, or a functional defect that causes blockage in the urinary tract. Enuresis can also be linked to medications that attribute to confusion and behavior.

When an individual is diagnosed with enuresis, it can create a feeling of shame and fear that no one will want to be around them when they have accidents. In some instances, individuals with enuresis may develop depression because their life is controlled by involuntary incontinence. One way to help people with

enuresis is to be compassionate and understanding. If someone is in the middle of a conversation and begins to urinate, be kind and offer assistance if necessary. All individuals want is to be accepted by society.

One of the ways that enuresis can be treated is through medication called duloxetine, which treats stress incontinence. However, medication can also mask the issue and make it worse once the child stops the medication. Another way is to incorporate a strategy called the bell-and-pad method. This is done by putting a pad under the individual at night, and a bell will ring when urination has occurred. A final way is to use behavioral therapy by using bladder training (scheduled bathroom time at increased intervals in order for the child to be able to hold their urine) and a reward system. Even though enuresis can be frustrating, it does not define a person nor make them less of a human being. You are more than enuresis.

Quick Strategies for Enuresis

by Dr. Ann-Louise T. Lockhart

1. Always rule out a medical cause first through your child's pediatrician.
2. Seek out help from a qualified behavioral health professional who has treated enuresis from an evidence-based perspective (dry bed training, behavior modification, positive practice).
3. Track dry vs wet nights on a calendar for at least 2 weeks prior to starting treatment.
4. Start treatment/intervention with the help and support of a qualified behavioral health professional. The process is exhausting and highly frustrating for parents and the child. The behavior modification mixed with the positive practice has to be done at the time of the accident (often in the middle of the night to yield the best results). It's not fun, but the intervention is highly effective!
5. Are you ready? If you are ready to get help for your child, contact me today at 210-816-4149. I can provide online help to you and/or consultation to your behavioral health provider to help you gain the most benefit from your Dry Bed Training.

**Does every day with
your child feel like a
struggle?
YOU are NOT ALONE.**



With this eBook, you'll learn to:

- * End the daily struggle
- * Establish a close and meaningful relationship with your child
- * Guide your child to a positive and successful future
- * Spend quality time with your child
- * Gain the quality of life you both deserve

and a lot more.

Visit www.anewdaysa.com to
download your eBook now.

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


A New Day
Pediatric Psychology, PLLC

16607 Blanco Road, Suite 1107
San Antonio, Texas 78232
(210) 816-4149
www.anewdaysa.com