

Media statement

31 January 2019

Free workshops for parents about children with day and night wetting

Are you wondering about your child's wees? Help is at hand!

Sunshine Coast Hospital and Health Service (SCHHS) is holding a free, three-hour **'Wondering about Wees'** workshop.

This session is for parents or carers of children aged five years and over with bedwetting and day time bladder issues including; frequency, urgency, withholding and wetting.

Occupational Therapist, Di Collis said bedwetting is a common problem occurring in 10 per cent of seven-year-old children, day wetting affects five to 12 per cent of the same age group.

"Not all children automatically out-grow these conditions and we know children's self-esteem and confidence is affected. They feel embarrassed and ashamed. Parents often experience frustration, confusion and this can negatively affect their relationship with their child.

"The workshop lets parents know what is normal, when they should be concerned, why the problems happen and what to do," she said.

"Advice includes using diaries to find underlying causes and treatment options including wetting alarms, medications, habit/lifestyle changes and ways to improve children's motivation.

"Follow up one-on-one support options are discussed. The workshops are also about bringing groups of parents together so they do not feel they are alone," Ms Collis said.

Recent research shows the workshops make a positive change to children's quality of life and parenting confidence and enjoyment.

The next 'Wondering about Wees' workshop is on **Wednesday 6 February** from 9:30am to 12:30pm at Mountain Creek State School on Lady Musgrave Drive.

To book a place at the workshop call Child Health Access on 5319 4824.

Sunshine Coast

Hospital and Health Service

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ENDS

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