

Resources for Bladder Health and Parenting

Web sites, books and other resources to help you support your child's bladder health.

Websites

seattlechildrens.org

Clinics and Programs>Urology>Urology Resources>Videos: Bladder Health Videos

This is a 5-chapter slideshow that takes about 20 minutes to watch. It covers the anatomy and physiology of bladder health, how to deal with urinary tract infections, how often children should pee, and nighttime wetting (enuresis).

depts.washington.edu/healthtr

A resource for adolescents who have special healthcare needs, chronic illness, or physical or developmental disabilities.

pottymd.com

A website with information, books and products to support bladder health.

urologyhealth.org

Patient Health Information>Urology Health Information

Easy-to-read site by the American Urology Association to help you learn about bladder and wetting problems.

aboutkidshealth.ca

Educational Web site created by The Hospital for Sick Children in Toronto, Canada.

We recommend: JustForKids > Body > The Bladder
Cartoon format for children age 5 and older.

fruitsandveggies.org

Nutrition information and tools to motivate your child to eat a balanced diet.

bedwettingstore.com

Products and information about bladder and wetting problems.

nlm.nih.gov/medlineplus/kidneysandurinarysystem.html

Anatomy and information about the urinary system.

cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=2409

Australian website about child health, including kidneys, bedwetting and constipation.

To Learn More

- Urology
206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Books for Children

Clouds and Clocks: A Story for Children who Soil

Matthew Galvin.

Children's book about encopresis.

Gee Whiz! It's All About Pee

Susan Goodman.

Fun facts about pee and how the body works.

Max Archer Kid Detective: The Case of the Wet Bed

Howard J. Bennett.

Reasons bedwetting happens and strategies to help.

The Truth About Poop

Susan Goodman.

Fun facts about poop and how the body works.

Books for Adults

The Complete Bed Wetting Book

D. Preston Smith.

Suggestions for how to help your child gain nighttime control.

How to Talk So Kids Will Listen & Listen So Kids Will Talk

Adele Faber and Elaine Mazlish.

Effective methods for getting your child to cooperate.

Mommy, I Have to Go Potty

Jan Faull.

How to potty train your child.

Overcoming Bladder & Bowel Problems in Children

D. Preston Smith, MD, PottyMD.com.

How to cope with wetting problems that happen after potty training.

Parenting Children with Health Issues and Special Needs

Foster W. Cline and Lisa C. Greene.

Skills for parents who need to help a child deal with health or medical issues.

Seven Steps to Nighttime Dryness: A Practical Guide for Parents of Children with Bedwetting

Renee Mercer.

Steps for using a bedwetting alarm to help children become dry.

Unplugging the Power Struggles

Jan Faull.

Short, easy-to-read book with practical information on resolving emotional battles with your children.

Waking up Dry: A Guide to Help Children Overcome Bedwetting

Howard J. Bennett.

Strategies to help parents and children address the challenges of bedwetting.

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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