



Newsletter

Issue 10

November/December 2003

Editorial

Something special in this newsletter. Gilly Hollins is the bowel mobility nurse at Guys Hospital in London. She wrote the Rock and Pop pamphlet and she has very kindly given KEEA permission to reproduce it for our newsletter. For those parents who have children with soiling/constipation problems Rock and Pop is well worth trying. Build it into the Good Sitting routine. Gilly has been travelling around England giving talks to other nurses in this field.

Many thanks to COGs and Lottery Welfare for their help with funding, also to parents who have sent donations. As with any non profit organisation funding is an ongoing problem.

Hope everyone has a very Happy Christmas and lots of fun in the school holidays.

Shirley Reid

Chairperson

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Contact Details:

Shirley Reid

K.E.E.A Chairperson

P O Box 1123

Nelson

Phone: 0800 KEEA NZ (533 269)

E-mail: keea@xtra.co.nz

Web Site: www.keea.org.nz

Book Review

A fun story to read about bed wetting

‘Uncovered’ by Paul Jennings. Puffin Books 1995

‘Uncovered’ is a book of short stories and the one of interest to KEEA newsletter readers and their children would have to be ‘Ringing Wet’. This is a light hearted adventure story of a girl with both daytime and night time wetting. I got out a well worn copy from the local library. There are numerous copies in the Nelson area so should be the same elsewhere. Apparently Paul Jennings was a bed wetter

LETTER FROM PARENT

Dear Shirley

I have been meaning to email you for ages to thank you for all the information that you have put together, and for the foresight to set up a website. I am a nurse/midwife and my partner is a paediatrician, Our second son has had lots of problems with toilet training and I would have to say that neither of us had much of an idea as to how much impact this would have on our lives [although naturally his dad knows more about the 'mechanics' of this than I do!] Our son is now 5 1/2, and happily settled at school - he even managed a poo on the loo at school recently, and this was a big [no, huge!] milestone for him. He was thrilled. He is still on Lactulose, and is not ready to stop this yet. I have passed on details of the website to the kindy and school, and indeed to lots of other people!

Thank you again.

Mattress Protection

Hi Shirley,

I first contacted you about 10 months ago about my 7 year old son with a bedwetting problem. I am very proud and happy to report that we have beaten it due to the help of an alarm (Dri-sleeper? brand, purchased by a concerned Grandmother). Since my phone call to you I have been a recipient of your newsletter, and I now pass it on to a friend who has a bedwetter. I see in issue 8 that you plan to do an article on mattress protectors etc and I wanted to tell you my experience.

I purchased from Briscoes some years ago (and I see Farmers now have similar ones approx. \$19.95) a mattress protector which was about 1m x 1m square. It was just a cotton fabric top with layers of waterproof material that didn't sound or feel like plastic. The bottom layer is sort of 'non-skid' so it doesn't slip around in the bed. This protector is different in that it sits on top of the bottom sheet, thus making middle of the night bed changing fast and simple. I purchased a second protector, and probably a third would have been good too! My son was even able to take off the wet one and put a dry one on himself in the middle of the night. The good thing about these is they are just washed on a normal wash in the washing machine and line dried, they were able to be dried in the dryer too, although it did shorten their lifespan. The only thing I would say

and perhaps the manufacturers need to be told is that the fabric on the top layer was a bit "cutesy", with cuddly lambs or baby animals and for an 8+ year old this was not a good look, perhaps just a plain bright colour, say lime green or purple would be better for older children. Another good thing about these protectors is that they were very portable and able to be taken to Grandmas, or on school camp or sleepovers and they discretely roll up in the morning and put in bag without being obvious, no stripping beds or 'crinkly' sounds as a giveaway.

I hope this information is of some help, I know first hand how frustrating this problem can be for parents and of course the child. Keep up the great work of KEEA, great to hear of your success with funding from the Lion Foundation.

Best wishes

Lee-Anne Sowman

**Another good bed protecting mat can be purchased from:
Med I Pant (NZ) Ltd
phone 0800 803 310**

At the moment they have a special on printed pads for \$25.00 (with cartoons on), or you can buy plain pads for \$39.25 (plus postage). These are very good quality pads and from my own experience last a long time and wash (& dry) very easily. (Andrea—treasurer KEEA committee)

Mattress Protection 2

There have been only a few things that have made the burden of four, closely-spaced children with bedwetting easier to handle. Without doubt the very best one was a mattress protection system that meant I didn't have to wash four complete sets of bedding every day! It was a system that was suggested to me by an old nurse friend and was based on her years of looking after incontinent elderly patients in Hospital. It made a huge difference to our lives. The system relies on two waterproofs and a half-sheet and is very easy. Explaining it in text is not so easy so please refer to the diagrams.

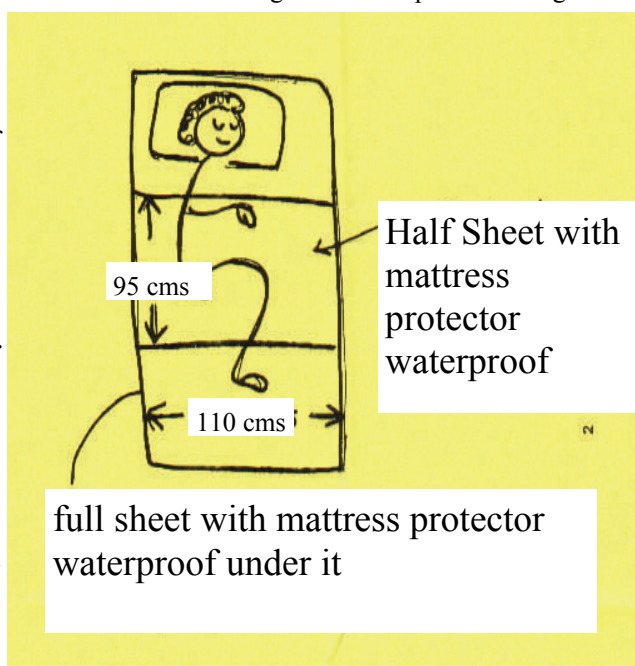
The first waterproof is optional. I did without this, until the children (and their bladders) got bigger. It is a plastic fitted sheet that covers the whole mattress. At one stage the \$2 shop were selling them but since that time they aren't always easy to come by. I successfully by cutting the sheet and using it as a plastic tablecloth into one. The children may complain about the feel of the plastic underneath and if they do, Arbuckles/waterproof quilted protector alternative of course is to Princess and the Pea" and sheet, preferably a fitted

The second waterproof 110 cm. This goes crosswise the pillow at the level the bottom). Para Rubber used example of these. The fabric and there were two sides of about 55 cm. They colour. They lasted for really advise where is the nowadays. One day very give my ones away but until

make your own. Again maybe plastic coated tablecloths are worth seeking out if there are no ready-made alternatives. If you use ordinary glossy plastic you will find it can slip out of place on the bed. The next layer is the half-sheet, which goes on top of this second waterproof.

The Half-Sheet These are the same size or fractionally bigger than the second waterproof. If they are a lot wider than the 95 cm of the waterproof, you will find that it will act like a wick and wet the sheet. You really have to make these yourself. If you have no sewing machine, friends with one, or sewing skills, you could fold a sheet to size I guess. The very best material is old brushed cotton sheets because they are thick and absorbent. Cut or fold it to the right size with at least two layers depending on the thickness. The thicker the better really, but if you make them too thick they are slow to dry and uncomfortable to lie on. Machine around the edges. This is *survival* Mums and Dads! Turn that machine to homeward-bound zig-zag and don't bother to change the colour of the cotton!

With this system working properly, you should only have to wash one half-sheet each time your child wets. If they wake in the middle of the night it is a whole lot easier to whip a half sheet off and put a new one on. I used to always have a spare under each bed, ready. If the little child is cold and miserable they can even be wrapped in the duvet at the end of the bed while you do it. When your half sheets get worn out and lose their absorbency you can put a towel between the waterproof and the half-sheet till you get around to making new ones. If it sounds complicated it is only because it is a lot harder to explain than do. **Please try it. I am sure it will help.**



once made one quite seams on an old fitted pattern to convert a large The children may the plastic underneath and Briscoes has a non-that can go on top. Another stop reading them "The tell them to harden up! The one, then goes on top.

should be about 95 cm x on top of the sheet, below child's body (especially to stock a truly excellent middle was rubberised uncoated fabric tuck-in were a very pale blue years. As mine did, I can't place to buy them soon I hope to be able to then you will have to find/



Be regular

Have regular meals

Eat 3 healthy meals a day
Don't forget the fruit and veg...

Have regular drinks

6 or more during the day
Milk is for breakfast and bedtime

Have regular exercise

Walk and run and skip and jump
Play some sport in the open air

Have regular medication

Don't forget your medicine or tablets

Have a regular session on the toilet every day

Take Action

It's **your** move



Sit comfortably on the toilet with feet supported

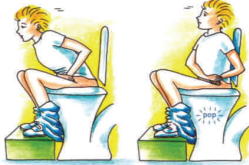


Try massaging your tummy from right to left

rock 'n' pop



- Hold something soft in your left hand
- Rest it on your tummy on the left side
- Put your right hand over the top



rock 'n' pop
Rock forward Rest
Rock back Push out the poo or wind

Try this for 5-10 minutes

Get going

with

Regular meals
Regular drinks
Regular exercise
Regular medication
Regular poos

and

rock 'n' pop

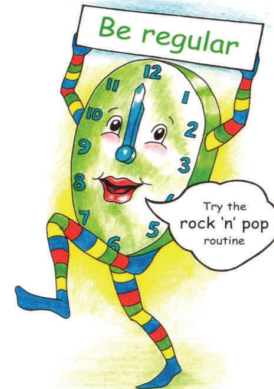
Don't Forget

It's **your** move

Developed by Gilly Halliwell, paediatric bowel medical nurse, Guy's and St Thomas' Hospital NHS Trust. Designed and illustrated by Sally Flynn.

Guy's and St Thomas' Hospital **NHS**
NHS Trust

Get going



Learn to manage your bowels

It's **your** move

To:

If undelivered please return to: P O Box 1123, Nelson