



Bedwetting

Diana Converse, Family Life Educator



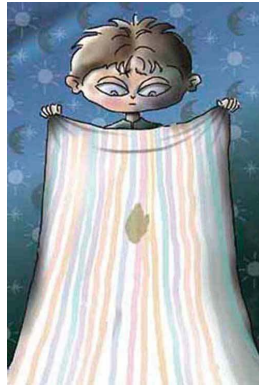
Bedwetting is a common problem in children ages 5 – 12. It is estimated that 5 to 7 million children in the United States have a problem with bedwetting at any given time. Fortunately, most children grow out of this problem. However, some develop psychological and behavioral problems related to embarrassment, low self-esteem and anger stemming from this condition. Parents and siblings often feel frustration, anger and embarrassment over their attempts to help stop the child's bedwetting. Thus, while problems with bladder control and bedwetting are relatively common among children, they can have longer lasting effects on the ways a child views himself and his relationship with others.

Almost twice as many boys as girls wet the bed at night after age five. However, more girls wet their pants during the day than boys.

Many parents are not sure how old their child should be before wetting is considered a "problem". Most children will begin to stay dry at night at around the age of three. However, approximately 15 percent of children continue to wet the bed after this age. Parents often become concerned around this age, especially if they begin to notice other same-aged children or siblings who stopped wetting by age three. Yet, most of these children require little more than some extra attention and a few changes in their bedtime routine to stay dry throughout the night.

Most physicians and psychologists agree that bedwetting can be classified as a "clinical problem" if the child is unable to keep the bed dry by age 5 – 6. However, many professionals admit that bedwetting becomes a serious problem for the younger child when it begins to impact their self-esteem, behavior, and relationships with others. It is often the reaction of the child and family members to bedwetting that determines whether it is a problem or not.

Bedwetting is not a mental problem, learning problem or behavioral problem. Bedwetting appears to run in families. Approximately 75 percent of children who have a wetting problem have a parent or sibling who had a similar problem. The approach parents take toward toilet training their children can also cause bedwetting. Sometimes bedwetting can be a response to emotional conflict, anxiety, or stress that a child is experiencing. Dramatic changes in home and family life also appears to lead some children to wet the bed. Small kidney or bladder, lack of sufficient levels of ADH(Anti Diuretic Hormone), low glucose levels, urinary tract infection, and certain medications can be a temporary cause.



Many parents mistakenly believe that wetting the bed is their child's way of "getting back at them." It is important to note that children rarely wet the bed on purpose, and are usually ashamed of it. Parents should be careful never to make a child feel ashamed or naughty for wetting the bed. Rather, they need to encourage the child and praise their attempts to remain dry. Punishment almost never works and may actually increase bedwetting as the child becomes more upset, nervous, ashamed and resentful.

Parents should consider consulting a doctor if their child is 6 – 7 years old and has never been able to stay dry overnight, or if their child is troubled by wetting the bed even if they are younger than six years old. Treatments can include scheduled waking, changing parenting styles, limiting fluids at night, exercises, habit changes, moisture alarms, mediations, and psychotherapy.

Choosing the best treatment for your child's wetting problem depends on a variety of personal and lifestyle factors. For more information, call (813)744-5519 ext. 140 and request a publication on Bedwetting.





You Have to Look for the Real Thing

Mary A. Keith, PhD, LD, Foods, Nutrition and Health Agent

You head down the grocery aisle, list in hand. Yogurt - check, corn flakes - check, orange juice - uh, okay, but which kind? You know you want real juice, not flavored water. But the juice shelves have almost as many choices these days as the bread or spaghetti sauce sections!

You can have lite, light, low-carb or regular. There's calcium-fortified, vitamin-enriched or heart-healthy. And if plain orange flavor is not enough, now there are orange plus berry, banana or half a dozen other blends. Whether we really need all the added vitamins is another question for a later date!

These added ingredients are boldly announced on the front of the carton. You usually have to go searching the fine print to find out what else might have been added, or taken out. Is this carton 100% juice? Generally, **if it is 100% juice it says so in big bold letters across the front.**

But is it half real juice and half sugar water? Some of the products in the juice section contain as little as 2% real juice. The products that are only part juice usually say so in smaller print, somewhere on the back of the carton.

Several of the lower-cost orange drinks that unfortunately are very popular with small children are more sugar-water than juice. No wonder the children like them!

And how did they make that 'low carb'? You must remember that there are no legal standards for calling something 'low carb'. You could put that label on just about anything. But assuming that

the manufacturer did do something to reduce the amount of carbohydrates, what was it?

Was it simply filtered to remove the fiber? Fiber happens to be a good carbohydrate, one we should be getting more of, not less. Or did they just dilute the juice to spread the carbs out more? Adding water can make a juice 'lite' very inexpensively.

Every product must show, somewhere on the label, what the actual percent of juice is in the carton. But whether you can find that information without a magnifying glass in less than five minutes is another question!



Here's what a quick survey found:

5 to 7% real juice:

Minute Maid - Citrus, Berry, Tropical

Welch's Low Calorie, Low Carb grape
SunnyD original orange flavor
HiC Blast

10% real juice:

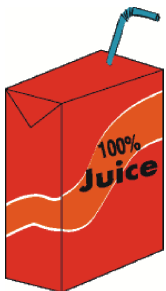
Tropicana Fruit Punch and Twisters
V8 Splash
Minute Maid Coolers
HiC regular
Capri Sun

20-25% real juice:

Ocean Spray and Publix Ruby (Grapefruit) Tangerine
Welch's in the refrigerated section
Old Orchard Healthy Balance Grape juice with only 10 Carbs is 22% , the Apple version with only 6 carbs is 20% real juice.

30% real juice

Publix Grapefruit Juice Cocktail is 30%.



March is National Nutrition Month®

By Loveda C. Perry, Extension Agent

Expanded Food & Nutrition Education Program



National Nutrition Month® (NNM) was initiated in 1973 by the American Dietetics Association. It was established to focus on the importance of making informed choices and developing good dietary and physical habits. Although, NNM started as a week long event it became a month long event in 1980 in response to growing public interest in nutrition.

National Nutrition Month® is especially significant this year as the new “Dietary Guidelines for Americans” were recently released.

Many of us already have some knowledge about the guidelines; however, as trends change there has been a need to change the focus. The new guidelines are focusing more on calories, weight management and physical activity. Maintaining a healthy weight has long been known to reduce many chronic diseases; however, with the media and diet trends it is becoming more confusing for consumers. The new Dietary Guidelines for Americans revolve around: **we need to eat fewer calories and exercise more.** Research has shown that too many calories add weight regardless of the source of those calories. Recent fad diets seen in the media have led consumers to believe that eating all you want of certain foods and eliminating others-specifically carbohydrates-will help you lose or maintain a healthy weight. The new guidelines focus on eliminating those myths and providing sound information to Americans.



FOCUS ON CALORIES AND WEIGHT MANAGEMENT:

In the United States 60% of the people are overweight. The new guidelines focus on weight management.

Recommendations include:

1. Consume 3 cups or more per day of fat free or low fat milk or milk products.
2. Consume 3 or more svgs of whole-grain products per day with the rest coming from enriched or whole grain products.
3. Consume 2 cups of fruit and 2 ½ cups of vegetables per day, choosing from a variety of colors.
4. Consume less than 10% of calories from saturated fats, keeping total fat between 20-35% of total calories.
5. Consume less than 2300 mg of sodium per day.
6. Eliminate or reduce alcohol beverages.
7. Include nutrient dense foods and limit sugar foods which also lead to dental problems especially for children.

FOCUS ON PHYSICAL ACTIVITY:

In the past, 30 minutes for most days of the week was recommended. The new guidelines emphasize that 30 minutes is only the minimum to decrease risk of certain diseases such as osteoporosis and diabetes. To keep from gaining weight however, 60 minutes most days of the week is recommended. These activities do not have to occur all at once and can be included throughout the day. A wide variety of activities can count towards the 60 minutes such as walking, bicycling, gardening and recreational sports. Read further on ideas to add activity at:

<http://www.americanheart.org/presenter.jhtml?identifier=2155>.



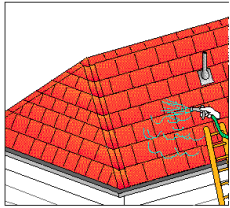


Get Ready for the Rainy Season

by Lisa Leslie



We all *hope* the upcoming hurricane season will be calm and quiet. However, we can do more than just keep our thoughts positive. Now is a good time to think about preparing our homes against the wet season ahead. This means making sure your home is protected as much as possible against moisture intrusion by driving rain or moist air. This article will discuss some things you can do to reduce moisture problems in your home.



Evaluate Your Home

Check your homes for leaks or potential weak spots. Water can get into your home in a variety of ways - gaps in window flashings, leaky roofs

(especially around chimneys and vents), and through exterior walls.

Exterior Walls: Water from rain can penetrate exterior wall surfaces. Evaluate your exterior walls to see if cracks need to be sealed or if it is time to repaint. If you decide to repaint, choose a paint product that will help increase water resistance on the exterior walls.

Interior Walls: Homes in Florida normally dry to the inside of the house. Water that does penetrate the

exterior wall can cause mold problems if it gets trapped in the wall. Avoid mold problems by not using vinyl wall coverings on the interior of exterior walls. In general, avoid vinyl or cellulose wall coverings in high moisture areas such as the kitchen or bathroom.



Windows

Windows are another spot that can be especially prone to moisture intrusion. Make sure windows are properly sealed. Check window frames regularly for condensation and wipe off as needed.

Seal All Penetrations

Doors, electrical outlets, attic hatches are examples of areas that penetrate the house and need to be properly sealed. Foams, caulks, or flashing are types of products that can be used as sealants.

Roofs

Fix any roof leaks promptly. According to the Federal Alliance for Safe Housing, installing self-adhering flashing tape over the joints in your roof deck can help keep out the rain in the event the roof covering is damaged or destroyed by severe weather. For further information go to www.flash.org

Air Conditioning System

A properly functioning air conditioning system will remove moisture while it cools the air. Regular air conditioning maintenance should include cleaning or replacing your filter and maintaining the coils. The condenser coil (found on the outside unit) should be kept free of debris from trees or shrubs. The evaporator coil (found on the air handler) should be checked annually and cleaned as necessary. Consult a professional if needed.



Helpful Website

The Extension Disaster Handbook has information about preparing for hurricanes. It can be found at <http://disaster.ifas.ufl.edu>



Hillsborough Association for Home & Community Education Volunteers Message from Anna Wright, HAHCE President



Council Meetings: We visited the “Gifts for Teaching” warehouse after the February council meeting. It was an eye opening experience. We hope to support them more in the future.

There will be no council meeting in March but we will meet April 1st. The Ruskin Club will be our hostess club and a program dealing with the brain will be presented by Joe Pergola. His programs are something you don't want to miss. We will also be planning a council picnic

HCL Training: Forms are available for HCL training scheduled for Nov. 7th – 9th at Lake Yale. Eighty dollar scholarships are available on a first come basis to the first 40 people who apply.

State Conference: Forms are also available for the next HCE state conference. The conference is scheduled for Oct. 10th – 13th at the Hutchinson Island Marriott Resort. Mark your calendars.

Neighborhood Village: This will be the first year in the new Expo Building. I want to thank all the department chairs and all who have volunteered to help. We can still use extra hands for giving the exhibits back to the public on March 14th, from 12p.m. – 7 p.m.



Camp Cloverleaf: We have the registration forms for Camp Cloverleaf which is scheduled for April 4th – 8th. We need to have at least 30 registered in order for the event to take place. Every year a different county is in charge of camp. Hillsborough County will be in charge in 2006. Please plan on going this year so you will be ready to help with the 2006 planning.

Storytelling Festival: Please plan on visiting the Storytelling Festival this year. It will be held on April 16th from 9:00a.m. - 4:00p.m. at Middleton High School in Tampa.

Future Council Meetings:

Dates to Remember:

- Mar 3rd-13th Neighborhood Village
- Mar 14 Give back day
- Mar 17 St Patrick's Day (don't forget to wear your 'green')
- Mar 29 Exec. Board (everyone is welcome) 9:30 a.m.
- Apr 1st Council Meeting (Program Joe Pergola - Ruskin hostess)
- Apr 4th – 8th Camp Cloverleaf
- Apr 16th Storytelling Festival
- Apr 19th Executive Board



Hillsborough County Extension Service
University of Florida
5339 County Road 579
Seffner, FL 33584-3334



Non-Profit Org.
US Postage
Paid
Permit No. 15

March 2005
Family & Consumer Sciences

TABLE OF CONTENTS

Page 1 & 2 Help Children Adjust to a New Home by Joe Pergola
Page 3 Bedwetting by Diana Converse
Page 4 You Have to Look for the Real Thing by Mary A. Keith
Page 5 March is National Nutrition Month® by Loveda C Perry
Page 6 Get Ready for the Rainy Season by Lisa Leslie
**Page 7 A Message to Home and Community Education Volunteers from
Anna Wright, HCHCE President**

Hillsborough County Extension is a cooperative service of the Hillsborough County Board of County Commissioners and the University of Florida. The Institute of Food and Agricultural Sciences is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age handicap or national origin. COOPERATIVE EXTENSION WORK IN AGRICULTURAL, HOME ECONOMICS, STATE OF FLORIDA, IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE, AND BOARD OF COUNTY COMMISSIONERS COOPERATING.

Any trade names mentioned in the publication are provided solely for information purposes. The Cooperative Extension Service does not endorse or guarantee the standard of the product, nor does it wish to discriminate against any products of similar nature.