Discuss what could you do as a counselor when you are dealing with a child client with Enuresis?

As, Enuresis is a disorder characterized by voiding of urine into bed or clothes, whether involuntary or intentional by a person(often diagnosed among children) who is of at least 5 years. In ICD-10 it is also called as nonorganic enuresis. It is not attributed to any medical condition or any physiological effects of substance. It is especially known as ‘Bed-wetting’.

As a counselor, we can deal with a child client with Enuresis may include the following things :

Before, dealing with the client, counselor responsibility is to know the causes and problems. So, can ask few questions with the child parents. The questions may include :

* Is there a family history of bed-wetting?
* Has your child always wet the bed, or did it begin recently?
* How often does your child wet the bed?
* Are there periods of time when your child does not wet the bed?
* Is your child dry during the day?
* Is your child having stool accidents?
* Does your child complain of pain or other symptoms when urinating?
* Is your child facing any major life changes or other stresses?
* If you're separated or divorced, does your child alternate living at each parent's home, and does the bed-wetting occur in both homes?
* How do you respond to your child's bed-wetting?

After getting all the questions answered, Counselor may give some advice like :

Children don't wet the bed to irritate their parents. Try to be patient as you and your child work through the problem together. Effective treatment may include several strategies and may take time to be successful.

* **Be sensitive to your child's feelings.** If your child is stressed or anxious, encourage him or her to express those feelings. Offer support and encouragement. When your child feels calm and secure, bed-wetting may become less problematic. If needed, talk to your pediatrician about additional strategies for dealing with stress.
* **Plan for easy cleanup.** Cover your child's mattress with a plastic cover. Use thick, absorbent underwear at night to help contain the urine. Keep extra bedding and pajamas handy. However, avoid the long-term use of diapers or disposable pull-up underwear.
* **Enlist your child's help.** If age-appropriate, consider asking your child to rinse his or her wet underwear and pajamas or place these items in a specific container for washing. Taking responsibility for bed-wetting may help your child feel more control over the situation.
* **Celebrate effort.** Bed-wetting is involuntary, so it doesn't make sense to punish or tease your child for wetting the bed. Also, discourage siblings from teasing the child who wets the bed. Instead, praise your child for following the bedtime routine and helping clean up after accidents. Use a sticker reward system if you think this might help motivate your child.

With reassurance, support and understanding, your child can look forward to the dry nights ahead.

If these things does not work then, you need to consult related doctors and can take the medication.