

How to Prepare Your Child for Their Visit

Helping your child feel comfortable and confident before their appointment can make a big difference in their experience.

What to Say

“Tomorrow we are going to see a physical therapist! The physical therapist is going to help you be the *boss of your bladder* and help you be dry in the morning. You will also get to take home a prize tomorrow for all of your hard work!”

What Not to Say

“Tomorrow we have to go to the physical therapist. I want you to be good and listen to what they have to say. Don’t worry about anything because it won’t hurt.”

Try to avoid fearful stories or anxiety-provoking words like **“hurt”** or **“pain,”** as these may increase your child’s fear or anxiety before their appointment.

How to Answer Questions

It is natural for your child to be curious or ask questions about their upcoming appointment. We encourage you to use the items and handouts included in our welcome packet (such as *New Team Members*, *How Your Body Makes Pee*, and *What Are Bladder Muscles?*) to help answer their questions.

You are also welcome to write down any questions your child has — we will address them first thing at their appointment.

Using Books to Help Your Child Feel Comfortable

Another fun way to help your child feel excited and prepared for their visit is by reading books together. These stories are designed to help children feel more comfortable talking about bedwetting and bowel issues.

We have many of these books available at our clinic for your child to “check out” at their visit and read at home.

Recommended Books

Ages 5–7

- *Dippy’s Sleepover*
<https://www.amazon.com/dp/1433812527>
- *Do Little Mermaids Wet Their Beds?*
<https://www.amazon.com/dp/1433812675>
- *Super Pooper*
<https://www.amazon.com/dp/1957984995>
- *I Can’t, I Won’t, No Way!*
<https://www.amazon.com/dp/1433812713>

Ages 7+

- *The Case of the Wet Bed*
<https://www.amazon.com/dp/1433812543>
- *Cloud & Clocks*
<https://www.amazon.com/dp/1957984960>
- *Prince Bravery & Grace: Attack of the Wet Knights*
<https://www.amazon.com/dp/1957984022>

Our Goal

Our goal is to make your child’s visit feel **safe, supportive, and positive** — helping them build confidence while learning how their body works.

If you have questions before your appointment, please don’t hesitate to reach out. We’re happy to help every step of the way.