

Books and Websites about Bladder and Bowel Health

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

Books for Children

You can find many of these books at your local library or bookstore or online.

Clouds and Clocks: A Story for Children Who Soil

Matthew Galvin, 2007.

Children's book about soiling (encopresis)

Gee Whiz! It's All About Pee

Susan Goodman, 2006.

Fun facts about pee and how the body works

Max Archer Kid Detective: The Case of the Wet Bed

Howard J. Bennett, 2011.

Reasons bedwetting happens and strategies to help

The Truth About Poop

Susan Goodman, 2007.

Fun facts about poop and how the body works

Books for Adults

You can find many of these books at your local library or bookstore or online.

The Complete Bedwetting Book

D. Preston Smith, 2015.

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, 2012.

Effective methods for getting your child to cooperate

Mommy, I Have to Go Potty

Jan Faull, 2009.

How to potty train your child

Overcoming Bladder & Bowel Problems in Children

D. Preston Smith, 2015.

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, 2010.

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, 2011.

Steps for using a bedwetting alarm to help children become dry

Unplugging the Power Struggles

Jan Faull, 2000.

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

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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.



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Waking up Dry: A Guide to Help Children Overcome Bedwetting

Howard J. Bennett, 2015.

Strategies to help parents and children address the challenges of bedwetting

Websites

Adolescent Health Transition Project (AHTP)

depts.washington.edu/healthtr

A resource for adolescents who have special healthcare needs, chronic illness, or physical or developmental disabilities and need to transition to adult care

Bedwetting - KidsHealth

kidshealth.org/en/kids/enuresis.html

Bedwetting Store

bedwettingstore.com

A commercial website with information, books and products to support daytime and nighttime wetting

The Bladder - About Kids Health

aboutkidshealth.ca/body/interactive?module=bladder-child

Our handout “Bristol Stool Chart”

seattlechildrens.org/pdf/PE2405.pdf

Constipation and [soiling underwear] Encopresis - Children’s Hospital Colorado

youtube.com/watch?v=SgBj7Mc_4sc (Video, 5:46)

GoGo Band

mygogoband.com/product/gogo-band

An armband your child wears that gives alerts they can hear and feel (and to a parent app) when they are about to pee. Device can cost up to \$500 plus monthly fees of \$15.

Potty MD

pottymd.com

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

Urology Care Foundation

urologyhealth.org

Educational resources on several topics – Urology Care Foundation

Your Urinary System - KidsHealth

kidshealth.org/en/kids/pee.html

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 free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. 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 needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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