

Your time



* Recipes * Comics
* Puzzles * Crosswords

TOMORROW SHOPPING

Where to shop for a winter coat

FIVE WAYS TO ... KEEP CHILDREN HEALTHY THIS WINTER

CITRUS POWER

1 Put an orange in their lunchbox every day for a vitamin C boost.

VEGIE MIGHT

2 Give them extra vegetables for dinner, but don't overcook them or they'll lose their nutrients.

BLENDED FAMILY

3 Make vegetable soup. They needn't know there are vegies in it if you put it through the blender.

STEW ON IT

4 Winter stews and casseroles are great ways to get more nutrient-packed vegies into them.

PLAY TIME

5 Encourage them to play outside as often as possible. Keeping them active keeps them healthy.

Tips to keep kids dry in bed

PARENTING

Kamahl Cogdon

ACCIDENTS happen and more commonly than you might think when it comes to bedwetting.

The Royal Children's Hospital says at least 37,000 Victorian kids aged five to 15 wet the bed regularly.

Almost a third of four-year-olds are bed-wetters. By the time they reach six, one in 10 will wet the bed and at 10 years old one in 20 will still wet.

WHAT'S THE CAUSE?

Kids who wet the bed are usually deep sleepers and their brain does not get the message from their full bladder that they need to go.

Recent studies have also found that many children who wet the bed produce less of a hormone that slows down urine production during sleep.

Bed-wetting also tends to run in families.

Pediatrician Dr Susie Gibb, from the Royal Children's Hospital's continence clinic, says in rare cases a medical condition, such as an over-active bladder, is behind bed-wetting.

WHEN TO SEE A DOCTOR

Gibb recommends seeing your GP if your child is aged six or older, the problem is upsetting you or your child, or if your child also wets or soils their pants during the day.

HOW DOES BED-WETTING AFFECT CHILDREN?

Gibb says bed-wetting does not usually worry kids until they reach about seven, when sleepovers and school camps become part of the equation and they also become more aware of differences with their peers.

TACKLING THE PROBLEM

Bed-wetting alarms are the most successful treatment, helping more than 80 per cent of children. The alarm consists of a mat which children sleep on and an alarm box that sounds when children wet the mat.

The child must get up and switch off the alarm when it sounds so they learn to associate the feeling of a full bladder at night with waking.

They can take up to eight weeks to work, but some children relapse and need to use the alarm again.

Gibb recommends the alarm from the age of seven.

"You don't need to just wait and wait for the child to grow out of it. This treatment is very successful and very straight forward," she says.

The alarms are sold or can be hired at many chemists.

The Royal Children's Hospital also hires alarms, but you must first get a referral from your GP to see one of its pediatricians.

The Continence Foundation of Australia (continence.org.au) has a directory of suppliers and manufacturers of products including alarms and mattress protectors.



Accidents: Bed-wetting alarms are the most successful treatment.

WHAT NOT TO DO

Don't restrict how much your child drinks during the day or evening. This is not the problem and can even delay your child's progress.

But make sure you don't give your child drinks containing

caffeine late at night, including tea, coffee, hot chocolate and soft drinks such as Coca-Cola.

Do not put your child in a nappy.

Yes, it will save on washing but it can also discourage your child from becoming dry.



QUIZ MASTER

1 POINT

- The term "televangelist" is made up of which two common words?
- Beginning with G, which Imperial unit was the equivalent of about 4.5 litres?
- Which reigning Formula One world champion is Mark Webber's Red Bull teammate?
- "Disco" is an abbreviation of which word?
- Dean Cox (pictured) is a ruckman with which AFL club?

2 POINTS

- In 2005, an Italian peak named The Gendarme was renamed to honour which religious leader?
- The Fleet Air Arm is a branch of which defence force?
- Beginning with R, who was the Egyptian sun god?
- Who coached the Queensland Maroons in this year's State of Origin series?
- What is the past tense of the verb "stride"?

3 POINTS

- Which film, directed by Terrence Malick, won the Palme d'Or prize for best picture at last month's Cannes film festival?
- In which city is the Gaddafi Stadium located?
- Which 1985 film grossed almost \$400 million and won the Hugo Award for Best Dramatic Presentation and the Saturn Award for Best Science Fiction Film?
- In which year was the Shah of Iran forced into exile?
- In which year did the women's biathlon make its Winter Olympics debut?

WHO AM I?

- 6 points** I was born on February 15, 1951 in Hayes, Middlesex, England.
- 5 points** I played the role of Bond girl Solitaire in the 1973 film *Live and Let Die*.
- 4 points** I am best known for playing the title role in the TV series *Dr Quinn, Medicine Woman*.
- 3 points** In 2000, I was honoured with an OBE.
- 2 points** I was a contestant on the US series of *Dancing With The Stars*.
- 1 point** I am Jane?

SO, WHAT'S YOUR SCORE?

- 0-9 Hit the books
- 10-19 Getting there
- 20-29 No dummy
- 30-36 Quiz-a-riffic



READER QUESTION

From Hannah, Boronia
Which geographical feature is simply known as "the Rockies"?

To send in your question, SMS to 1900 12345 (cost 55c for Legion Interactive) or email quizmaster@heraldsun.com.au

QUIZ ANSWERS
"television" and "evangelist", 2. Gallon, 3. Sebastian Vettel, 4. Discotheque, 5. West Coast Eagles, 6. The late Pope John Paul II, 7. Britain's Royal Navy, 12. Ra, 9. Mal Meninga, 10. Strode, 11. The Tree of Life, 12. Ra, 9. Mal Meninga, 13. Back to the Future, 14. In 1979, 15. In 1992, at the Albertville Winter Olympics in France. Who am I?: Jane Seymour. Reader's Question:

Share your world with us

Got a new addition to the family, kids who make you laugh or cry, a partner who just makes you scratch your head, a pet you adore, or a wedding to celebrate?

Please share your stories and photographs with us at yourtime@heraldsun.com.au



Just married

Kara Eaton and Craig Miller

Kara Eaton and Craig Miller celebrated their wedding with 102 family and friends at Rippon Lea Estate. The couple, who took dance lessons ahead of their wedding, described their first dance as husband and wife as one of the highlights of their big day. They also loved the

speeches. Kara and Craig met in 2005, with Craig popping the question in front of the Sydney Opera House five years later.

* Send a photo and details of your special day to yourtime@heraldsun.com.au