

Ask the Experts

Katy families' questions answered by local experts



Dr. Pheba Zachariah
Houston Methodist Primary Care
7105 FM 2920
281-737-1162

Q: What should I do if my child isn't hitting development milestones at the typical ages?

It can be concerning if your child is not developing at the same rate other children are. As a mother, I often worry about my own children's development, so I can understand parents' concerns. First, I suggest visiting with your child's physician and having them perform an assessment with a developmental screening tool. If your child falls into the gray zone of development, then your doctor can recommend early intervention programs that can often aid children in meeting their developmental milestones. The key to treatment of developmental delays is early diagnosis and intervention to prevent children from falling behind. Also, make sure children get regular well-child visits to make sure they are growing and developing normally.



Dr. Claire Lancaster
Memorial Hermann Katy Campus
Blue Fish Pediatrics
23960 Katy Fwy.
281-347-0080

Q: How do I make sure that my child is at a healthy weight for her height and age?

Pediatricians track weight and height over the course of childhood to help monitor body mass index (BMI). In children, BMI of 85% or higher could mean your child is overweight, putting them at risk for obesity. However, the most important factor is behavior, not the number itself. We need to be good role models for our children, modeling a healthy and active lifestyle. Children will follow our example so make sure to have plenty of nutrient-rich foods (fruits, vegetables, and lean meat) at home and make exercise a regular part of your family time. Regular well-child visits with your pediatrician can help make sure your child stays on track for a healthy future.



Dr. Danny Le, DO
Fulshear Family Medicine
7629 Tiki Dr., Fulshear
281-346-0018 | fulshearfamilymed.com
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Q: My child wets his bed in the middle of the night. What can I do to help him break the habit?

Bed-wetting is a very common problem in potty-trained children. It is important to understand that bed-wetting is usually a problem with a child's sleep/wake response and is not a behavioral or urinary problem. It is also important to rule out other causes of bed-wetting before attempting any intervention. For simple nighttime bed-wetting, I recommend two easy home interventions. The first one involves restricting any fluids or drinks within the last few hours of bedtime. The second intervention involves having your child use the restroom just before bedtime. Both ensure the bladder is empty just before going to sleep. If this doesn't work, the next step is to try a bed-wetting alarm. These alarms can be purchased without a prescription and are worn by your child and contain moisture sensors. They will sound or light up to wake your child if any moisture is detected overnight. Most children will improve after trying an alarm, but occasionally prescription medication can be used to control the bladder.

If you have a question for our panel of experts, email editor@katymagazine.com.

Special thanks to our panel of *Katy Magazine* experts:

Dr. Pheba Zachariah, Dr. Claire Lancaster, and Dr. Danny Le, DO.

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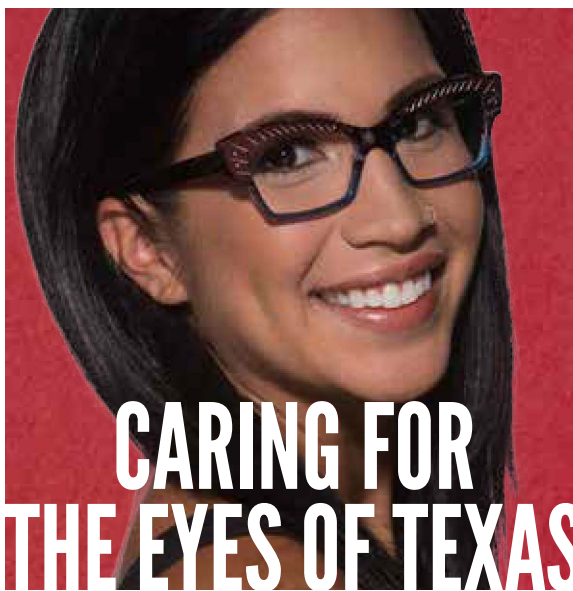
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