

PARENT TALK

Katy parents share tips on common topics we all face

Q *My child is 7 and still wetting the bed. How can I help him stop?*

Set a Routine

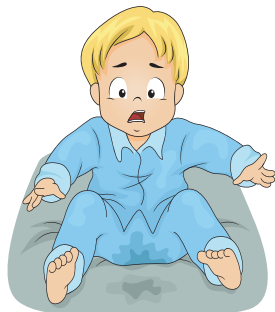
"Don't allow your child to have anything to drink 30 minutes before his bedtime and make sure he goes to the bathroom right before going to bed." - K.S.

No Embarrassment

"First, don't embarrass him about it. Find a nightly routine that works for both of you. Try to have him go to sleep and wake up at the same time every day." - E.G.

The Doctor's Advice

"If you have tried all you can and nothing seems to be working, take him to the doctor. There might be something serious happening." - F.R.



Q *What is a normal bedtime for a 4-year-old?*

It Varies

"Children that age need between 11 and 12 hours of sleep, so it really depends on when your child wakes up and if he or she naps." - J.L.

Routine Wake-Up

"My daughter wakes up at 6:30 a.m. every morning so I make sure she is in bed by 8:30 p.m. so she gets the recommended amount of sleep." - G.K.

*Have helpful tips to share?
Have questions of your own?
Email editor@katymagazine.com or
visit [Katy Magazine's Facebook page](#)
and watch for parent talk questions
posted regularly!*

Q *My 3-year-old is such a picky eater. How can I get her to eat more fruits and vegetables?*

Prepare Meals Together

"Have your daughter in the kitchen with you while you cook. Introducing children to new food is easy when they are allowed to see, smell, taste, and help prepare meals." - Y.W.

Mask the Flavor

"Mash them up with potatoes and gravy, boil them in chicken broth for more flavor, or add with cheese." - J.M.

Don't Force Feed

"Don't force new foods on your child. They may begin to associate meal times with anxiety and frustration. Offer the food and if they don't want it, you can try again later." - S.I.

Q *How can I help my son with his aggressive behavior?*

Redirection and Conversation

"I have learned to redirect my son when he gets angry. I also ask him to tell me what is bothering him. Most kids lash out when they aren't being heard or getting the love they need." - J.T.

Chill Out Time

"Don't send your child to time-out. Instead, just ask them to go to their room so they can chill out for a moment. They will find something to distract them from the bad behavior." - H.L.

Model Behavior

"Young children don't understand how to control their emotions. It's our job as their parents to teach them how to handle emotions." - T.L.

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