APTG 11-29-17

⇒ Introductions
⇒ Guest Speaker: MiChelle McGarry: “the Potty Lady” from the PEEP Clinic (Pediatric Effective Elimination Program)
⇒ Upcoming Dates at AELC:
  ♦ December 4th and 5th: Math and Science Night with MSU’s ECE Department. It will be in the Big Room from 4:45pm-5:45. It is geared toward Older Preschool and Kindergarten but all families are welcome. Please remember you MUST pick up your child first and then walk them through. They will not be going as a class.
  ♦ December 5th: Student Open Enrollment for Spring Semester
  ♦ December 7th: Faculty/Staff and Community Open Enrollment for Spring Semester
  ♦ December 14th: Older Preschool and Kindergarten will be going to the Tivoli to see Santa and drop off our canned food items we collected.
  ♦ December 18th through January 12th: Winter Break for Parents who are students ONLY. This is the optional time you signed up for. Please remember if you opted out you must call to check for drop-in availability.
  ♦ December 25th through January 1st: AELC CLOSED
  ♦ January 15th: AELC CLOSED for In-Service
  ♦ January 16th: Spring Semester begins
⇒ We will not have an APTG meeting in December or January. Our next meeting will be February 28th.
MiChelle McGarry from the PEEP Clinic (Pediatric Effective Elimination Program) was our guest speaker and talked about how to fix any problems a child may have with toileting.

- Children between the ages of 2-3 begin to understand the and realize the sensation of a full bladder and begin to show interest in potty training. A normal bladder should have the capacity to hold: ages (in years) + 1 = number of ounces of urine in a normal bladder.

- The PEEP clinic has a greater than 90% success rate. The approach they take is extremely effective in treating all of the diagnoses/symptoms usually without medications.

- MiChelle also talked about how many children hold their urine and stool and the problems that this leads to down the line. Children who hold then become all backed up with feces inside their intestines and it takes a while to get them cleaned out and retrain their body’s. It is not a behavior where children are doing it on purpose, they have been holding which has created problems, and in return causes constipation and accidents. There are many different types of diagnosis’ that go along with a child who holds.

- Treatment: children will be set up on a timed void, meaning they should use the bathroom every one and a half hours. Even if they don’t think they need to go they still need to sit and try. Drinking water is also very helpful for a child. A child should drink 1 oz of water to every 2 pounds of their body weight. It is important to avoid: caffeine, carbonation, and chocolate. Children should also have at least one bowel movement per day. Children who are impacted and blocked up with start on a stimulant and a softener.

- Remember an empty bladder is a happy bladder. Treatment is simple: urinate often, drink a lot of water, and have a daily bowel movement.

- We also discussed some important upcoming dates for the Center.

- Please keep in mind we are CLOSED December 23rd-January 1st. We will reopen January 2nd. We are also CLOSED on January 15th for In-Service.