

FIGURE 15.1. Resources for Patients With Behavior Management Problems: Websites, Mobile Applications, and Books

Type	Location	Description
Websites	American Academy of Pediatrics (https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Pages/default.aspx)	Provides a broad selection of tools and resources for addressing behavioral and emotional challenges in children and adolescents with screening measures and evidence-based behavioral interventions for a broad set of problems
	American Academy of Family Physicians (https://familydoctor.org/familydoctor/en/kids/parenting.html)	Provides a section devoted to parenting resources
	Alan Kazdin and the Yale Parenting Center (https://alankazdin.com/)	Provides resources for parents and providers regarding effective behavior management strategies, including an online Coursera course
	PCIT International (https://www.pcit.org/)	Provides information and resources for parents and providers for PCIT
	Triple P Parenting Program (https://www.triplep.net/ ; https://www.triplep-parenting.net/)	Resources, primarily for parents, related to the Triple P program
Mobile application	Privilege Points Chore Tracker (https://www.privilegepoints.com/)	Allows parents to track tasks and chores and assigns point values
Books	<i>The Everyday Parenting Toolkit: The Kazdin Method for Easy, Step-by-Step, Lasting Change for You and Your Child</i> (Kazdin & Rotella, 2013)	Provides practical, evidence-based parenting guidance for all children
	<i>The Kazdin Method for Parenting the Defiant Child: With No Pills, No Therapy, No Contest of Wills</i> (Kazdin, 2009)	Provides practical, evidence-based parenting guidance for children who are “out of control,” including a DVD demonstrating parenting methods

Note. PCIT = parent-child interaction therapy.

FIGURE 15.2. Age-Appropriate Techniques for Childhood Discipline

Intervention	Infant	Toddler	School-age	Adolescent
Positive reinforcement	+	+	+	+
Redirecting	+	+	+	0
Verbal instruction/explanation	0	Ltd	+	+
Time-out	0	+	+	0
Establishment of rules	0	0	+	+
Grounding	0	0	+	+
Withholding privileges	0	0	+	+

Note. 0 = little or no effectiveness; + = effective/recommended; Ltd = limited, may work in certain situations or with more mature toddlers. From "Childhood Discipline: Challenges for Clinicians and Parents," by J. B. Banks, 2002, *American Family Physician*, 66(8), p. 1448 (<https://www.aafp.org/content/dam/brand/aafp/pubs/afp/issues/2002/1015/p1447.pdf>). Copyright 2002 by the American Academy of Family Physicians. Reprinted with permission.

FIGURE 15.3. Short Screening Instrument for Psychological Problems in Enuresis

Short Screening Instrument for Psychological Problems in Enuresis (SSIPPE)

Name: _____ Date of birth: _____

<i>Emotional symptoms: If more than two positive items, full screening required</i>			
1.	Has your child sometimes felt that others are reacting negatively?	YES	NO
2.	Does your child sometimes feel worthless or less confident?	YES	NO
3.	Does your child sometimes have headaches?	YES	NO
4.	Does your child sometimes feel sick?	YES	NO
5.	Does your child sometimes have abdominal pain?	YES	NO
6.	Is your child sometimes less active or lacking energy?	YES	NO
7.	Does your child sometimes feel unhappy, sad, or depressive?	YES	NO
<i>Inattention symptoms: If more than two positive items, full screening required</i>			
1.	Does your child frequently pay insufficient attention to details or make careless defaults in schoolwork?	YES	NO
2.	Does your child frequently have difficulties with organizing tasks and activities?	YES	NO
3.	Does your child frequently forget in daily practice?	YES	NO
<i>Hyperactivity/impulsivity symptoms: If more than two positive items, full screening required</i>			
1.	Does your child frequently talk continuously?	YES	NO
2.	Is your child frequently busy?	YES	NO
3.	Does your child frequently run or climb in situations in which this is inappropriate?	YES	NO

Note. From “Early Detection of Psychological Problems in a Population of Children With Enuresis: Construction and Validation of the Short Screening Instrument for Psychological Problems in Enuresis,” by E. Van Hoecke, D. Baeyens, H. Vanden Bossche, P. Hoebeke, and J. Vande Walle, 2007, *The Journal of Urology*, 178(6), p. 2614 (<https://doi.org/10.1016/j.juro.2007.08.025>). Copyright 2007 by American Urological Association. Reprinted with permission.

FIGURE 15.4. Bed-wetting Monitoring Chart

		Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Complete Before Bedtime	Number of glasses of liquid within 2 hours of bedtime	1 glass of water							
	Bedtime	8:30 p.m.							
Complete After Waking	Number of times woke up to pee or alarm went off	1							
	Number of times peed in bed	2							
	Wakeup time	7:00 a.m.							

FIGURE 15.5. Resources for Patients Who Wet the Bed: Websites and Books

Type	Location	Description
Websites	Vendors for bed-wetting alarms (https://www.sleepdryalarm.com/ ; https://bedwettingstore.com/ ; https://wetstop.com/)	A variety of vendors sell bed-wetting alarms. These sites may make claims that are not supported by evidence (e.g., cures bed-wetting).
	U.S. National Library of Medicine (https://www.nlm.nih.gov/medlineplus/bedwetting.html)	Consolidates information regarding bed-wetting resources for parents and providers
	American Academy of Pediatrics (https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Bedwetting.aspx)	Provides additional information for parents about bed-wetting causes and treatments
Books	<i>Bedwetting and Accidents Aren't Your Fault: How Potty Accidents Happen and How to Make Them Stop</i> (Hodges & Schlosberg, 2017)	Children's book discusses bed-wetting; written by a pediatric urologist
	<i>Waking Up Dry: A Guide to Help Children Overcome Bedwetting</i> (H. J. Bennett, 2015)	Describes evidence-based approaches to reducing bed-wetting; written by a practicing pediatrician

FIGURE 15.6. Resources for Patients With Attention-Deficit/Hyperactivity Disorder: Websites and Books

Type	Location	Description
Websites	American Academy of Child and Adolescent Psychiatry (https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx)	Provides a broad range of resources for patients, parents, providers, and students
	American Academy of Pediatrics (https://www.healthychildren.org/english/health-issues/conditions/adhd/Pages/default.aspx)	Provides information for parents, primarily through a series of brief articles and handouts about ADHD
	Centers for Disease Control and Prevention (https://www.cdc.gov/ncbddd/adhd)	Provides information for providers and parents about ADHD, including summaries of research, educational materials, and data
	Children and Adults With ADHD (https://www.chadd.org ; http://www.help4adhd.org)	Nonprofit organization provides education, advocacy, and support for ADHD. Their website has a wide breadth of ADHD materials for parents, children, and providers.
Book	<i>Taking Charge of ADHD: The Complete, Authoritative Guide for Parents</i> , 4th ed. (Barkley, 2020)	Written by one of the leading national researchers on ADHD, book provides a breadth of information for parents and caregivers about ADHD and evidence-based methods for managing ADHD

Note. ADHD = attention-deficit/hyperactivity disorder.