

# 10 Important TIPS

## For New Private Facebook Members

*Welcome to our support groups!*



### We are glad you joined and look forward to your input and questions.

Many posts by group members have sparked us to write articles, create new guides, update our books, and even adjust Dr. Hodges' medical recommendations. We are always learning from our members and greatly appreciate your feedback. We know that treating chronic constipation and accidents can be exhausting and frustrating for families and that learning about M.O.P. can be overwhelming. Our group is here to help!

#### 1 Tag "Steve Hodges" when you want an answer from Dr. Hodges.

Dr. Hodges logs in daily and aims to read all the posts, but sometimes he misses questions by accident or doesn't realize the question is directed to him (rather than to other parents). If you don't specifically tag him as "Steve Hodges" (not "Dr. Hodges" or "@SteveHodges"), he will not know to respond to your question! If you don't get a reply within about 48 hours, re-post and state, "I am re-posting." Please excuse Dr. Hodges' typos! He answers questions using his phone and doesn't always notice when autocorrect takes over.

#### 2 Be succinct, and follow our question format.

Everyone in our groups could talk about poop 24/7, but if you start a post with, "This is going to be a LONG one!" you'll get fewer responses. Less is more! When posing a question to Dr. Hodges (as opposed to other parents), please follow this format:

Child's age and gender:

Accident type(s)/frequency before: M.O.P.:

Current accident type(s)/frequency:

Current treatment regimen:

Previous treatment regimen:

QUESTION:

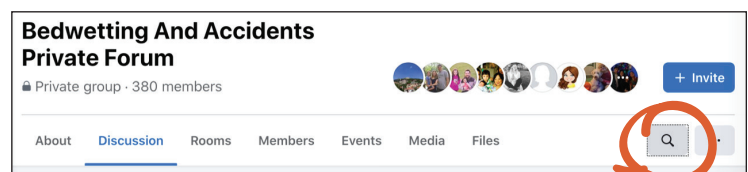
#### 3 Cancel via PayPal when you want to leave the group.

Simply removing yourself from the Facebook group will not cancel your monthly payment! Facebook and PayPal are not connected, and we won't know you've left. You must go into PayPal and cancel your subscription. We will be notified by PayPal and will remove you from the private group after your subscription expires. Note that this is a reoccurring payment on a monthly cycle, like a gym membership. **PayPal requires 30 days' notice for cancellation.** You won't stop being billed on the same day you cancel.

#### 4 Make use of the "search" function.

One of the most useful benefits of your membership is the ability to search through several years' worth of discussions. At the top of the page, on the right-hand side, you'll find the search symbol. Just click and type in the terms you want to search.

Some popular search terms: Multi-M.O.P., homemade LGS, timing Ex-Lax, Miralax, lactulose, mag citrate, probiotics. Microlax, fear of enemas, olive oil, UK, Australia, New Zealand, potty watch, sleepover.



## 5 Read the *M.O.P. Anthology 5<sup>th</sup> Edition*.

Our support groups are intended to supplement the Anthology, not replace it. Discussion assumes you've read the book! The 5th Edition (2023) offers important new guidance that supersedes previous recommendations. If you own an older edition, email [suzanne@bedwettingandaccidents.com](mailto:suzanne@bedwettingandaccidents.com) for a coupon code to get 66% off the upgraded .pdf. We cannot offer discounts on the paperback, as we cannot not control amazon pricing.

## 6 Upon joining, scroll through past posts and comments.

You may find others have asked the very questions you were planning to ask. You'll also get a handle on the wide variety of challenges facing our members. Keep in mind that the group tends to self-select for the more difficult cases; this is not a random sampling of families on M.O.P.!

## 7 Support your fellow parents!

Some folks join just to ask Dr. Hodges questions or get his input on their child's X-rays, but this group offers so much more! You could really brighten someone's day by chiming in with your own perspective and experiences. Working with teachers, managing sleepovers, choosing potty watches, dealing with pediatricians, handling setbacks – these are all topics where your input is more valuable than Dr. Hodges'. Help others out as best you can!

## 8 No poop photos, please!

You are welcome to describe your child's bowel movements in vivid detail – we hear about “green liquid” and “mucousy poop that looks like a small jelly fish” – but our members have decided they don't want the visuals!

## 9 Identify your topic so others know if it's relevant to them.

For example, “Need advice on managing M.O.P. with my ex-husband,” “Deciding whether to switch to M.O.P.+” “Trying to get our pediatrician on board.”

## 10 Please don't use Facebook messenger to contact Dr. Hodges or Suzanne.

If you have questions about membership or other issues unrelated to treatment, email Suzanne: [suzanne@bedwettingandaccidents.com](mailto:suzanne@bedwettingandaccidents.com). Please post all other questions on the private page.

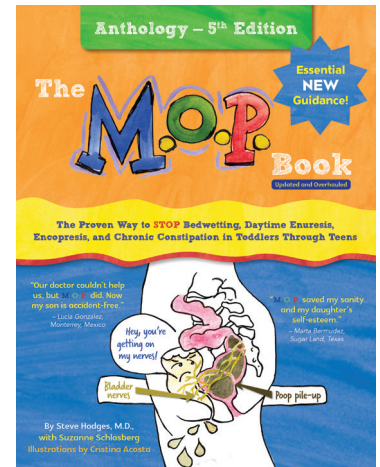
**Thanks for listening, and see you on Facebook!**



**Suzanne Schlosberg**



**Steve Hodges, M.D.**



## Free Parent-to-Parent Support Group!

Once you have belonged to Dr. Hodges' support group for one month, you are eligible to join a private Facebook page organized by parents experienced with M.O.P. Some parents belong to both groups at the same time; others join the parent-only group once they “graduate” from Dr. Hodges' group. Dr. Hodges and Suzanne are not members of the free group.

Learn how to join the parent-to-parent group, contact [Suzanne@SuzanneSchlosberg.com](mailto:Suzanne@SuzanneSchlosberg.com).