

# 10 TIPS

## For New Members of Our Private Facebook Support Groups

*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! Toward that end, we've compiled this list of tips to get the most from your membership.

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

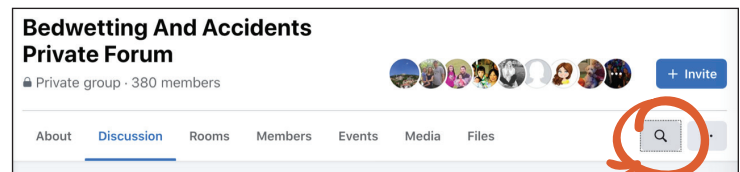
Dr. Hodges logs in daily and aims to read all the posts, but sometimes he misses questions by accident or doesn't realize the question is directed to him (rather than to other parents). Tag him to avoid confusion. If you don't get a reply within a day or two, re-post and state "I am re-posting." Please excuse Dr. Hodges' typos! He answers questions using his phone and doesn't always notice when autocorrect takes over.

### 2 Keep your posts short!

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 will get fewer responses. Less is more!

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

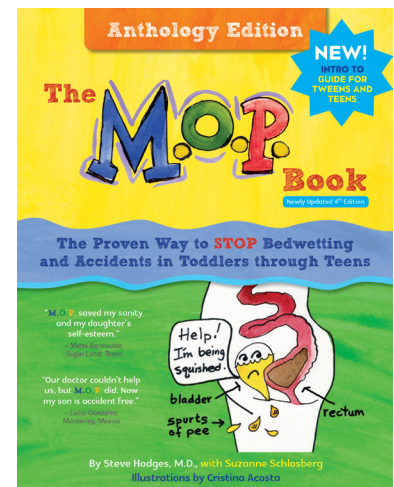
One of the most useful benefits of your membership is the ability to search through several years' worth of discussions. At the top of the page, on the right-hand side, you'll find the search symbol. Just click and type in the terms you want to search.



Some popular search terms: Ex-Lax, Miralax, lactulose, fear of enemas, olive oil, mineral oil, spontaneous poop, Double M.O.P. (or large volume), liquid glycerin suppositories (or LGS), mucus, dairy, probiotics, fiber, pain, enema tip, guilt, divorce, sleepover.

### 4 Prior to posting, read the 4<sup>th</sup> edition of the M.O.P. Anthology.

Our support groups are intended as a supplement to the Anthology, not an alternative way to learn about M.O.P. The 4th edition contains loads of new information and introduces concepts and terms commonly discussed in our group. The glossary is helpful! If you own a previous edition of the Anthology, you're eligible for a 75% discount on the 4th edition; just email [suzanne@bedwettingandaccidents.com](mailto:suzanne@bedwettingandaccidents.com) for the coupon code.



## 5 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.!

## 6 Begin your post with a summary of the topic/question, so others will 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."

## 7 Summarize your child's situation and current treatment. But no poop photos, please!

In each post, include your child's age, symptoms (bedwetting, daytime pee accidents, poop accidents, etc.), and current/previous treatments. For example: *8 y.o. girl, bedwetting only, daily LGS + 20 ml lactulose for 8 weeks, Double M.O.P. on weekends for the last 3 weeks. Still wetting nightly, except 3 random dry nights.*

These details will save Dr. Hodges from having to ask or look up previous posts and will help you get an answer more quickly. However, please don't post photos of your child's bowel movements. You are welcome to describe them in vivid detail – we hear about "green liquid" and "mucousy poop that looks like a small jelly fish" – but our groups have decided they don't want the visuals!

## 8 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!

## 9 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.

## 10 You can unsubscribe on your own.

When you're ready to leave the group, just go into PayPal and cancel your membership. No need to email Suzanne. Upon leaving, consider writing a farewell post with any advice or encouragement you can offer!

**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.

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