



Bedwetting

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What is bedwetting?

Bedwetting is regular urination during sleep by a child five years of age or older at least twice a week. Bedwetting occurs among 10 to 15 per cent of 5-year-old children and 6 to 8 per cent of 8-year-old children. By 15 years of age, only 1 to 2 per cent of children experience bedwetting.



Why is it significant?

As well as being a major inconvenience, bedwetting can erode a child's self-esteem and limit certain social activities (such as sleepovers). In rare cases, it may be a sign of an underlying physical or emotional issue, such as delayed growth of the nervous system and bladder, a bladder infection or stress. Bedwetting after a significant interval of dryness is more suggestive of a medical issue than regular bedwetting.

What else should I be aware of?

If your child is seven years of age or older and still wetting the bed, contact your doctor. Treatment options may include a moisture alarm, behaviour therapy or medication. Your child may also undergo some tests to ensure their bedwetting is not related to another medical condition.

What can I do?

- ✓ Don't get upset and punish your child; this will only create more stress for them. Be understanding and supportive. Involve the child in morning cleanup.



- ✓ Have your child drink most of their fluids in the morning and afternoon. Limit their consumption of soft drinks or foods that contain caffeine.
- ✓ Get them to use the toilet before going to sleep. Find ways of making it easier for them to use the toilet at night, such as installing night lights in the hallways or moving their room closer to the bathroom. Waking a child for a middle-of-the-night trip to the toilet may also be necessary.



Go to MakingHealthHappen.com and enter **hw213026** in the search box to learn more about Bedwetting.

- ✓ Talk with your child about using disposable nighttime underpants.
- ✓ Praise your child when they get through the night without bedwetting. Reward systems, such as star charts, can be useful in providing positive reinforcement.
- ✓ Learn more about bedwetting by going to www.makinghealthhappen.com.

