



# Bedwetting

Childhood bedwetting is very common and many children of primary school age still wet the bed. Until the age of ten, about one in ten children wets the bed. If your child wets the bed they are probably not the only one in their class that does.

## Bedwetting happens because:

- \* some children have delayed control of the bladder muscle
- \* some children get control over their bladder later than others
- \* some children produce more urine (wee) at night than others
- \* children who wet the bed may have bladders which cannot hold a large amount of urine
- \* occasionally bedwetting may be due to a medical problem so have this checked out with the doctor.
- \* children who wet the bed sometimes sleep more than other children
- \* bedwetting can run in the family.

*Bedwetting is no-one's fault. It is not caused by laziness or seeking attention. It is something which your child has no control over.*

## What parents can do:

- \* let your child know that bedwetting is normal, and that they will grow out of it. It can also help them to know that someone else in the family used to wet the bed
- \* explain some of the reasons for bedwetting to your child e.g. *"While you are asleep your brain isn't getting the message that you need to go to the toilet and so you don't wake up"*
- \* avoid giving a child that wets the bed soft drinks containing caffeine as it increases the amount of urine (wee) produced
- \* if the bedwetting seems to be because of stress or worries, do what you can to make your child feel better.

*Children who have been dry might start wetting the bed if they are very stressed, e.g. by a family break-up, starting school, or illness. The bedwetting will usually stop when the child begins to feel more secure. If a child who has been dry starts to wet the bed again it is important to have a medical check-up to check there is no infection or other health problem.*

## Check with your doctor if:

- \* your child who has been dry starts wetting again and this continues
- \* you or your child are becoming very upset by the bedwetting
- \* your child is constipated often (this can sometimes be related to bedwetting)
- \* you have other concerns about bedwetting.

## What not to do:

- \* don't punish, criticise or tease your child and don't let others either. This can make your child tense and anxious and make the problem worse. Remember children cannot control their bedwetting
- \* it does not help to lift your child out of bed at night to go to the toilet.