

# Bedwetting: General Information and Simple Measures to Try:

## Key points to remember

- bedwetting happens during sleep
- your child can't control their bedwetting - it is not their fault
- be patient
- most children grow out of bedwetting

## About bedwetting

Wetting the bed at night (nocturnal enuresis) is very common in young children. It affects approximately:

- 15 percent of 5-year-olds
- 5 percent of 10-year-olds
- 2 percent of 15-year-olds
- 1 percent of adults

Bedwetting occurs slightly more often in boys than girls.

Bedwetting is not considered to be a problem until children are about seven years of age. That is a good age to introduce treatment programmes if your child wants to do something about it.

Almost all children grow out of bedwetting. About one percent of adults may still have occasional problems.

## Goal of treatment:

To achieve regular night-time dryness and to avoid anxiety and emotional stress in children and their parents

## Simple practical advice

- Eliminate drinks that promote more urine production: caffeinated drinks (tea, coffee, coke and alcohol)
- Drink to thirst: ensure they have access to drinks (ideally water) through out the day.
- Restricting fluids an hour before bed can be appropriate but restricting them for longer periods is not advised. Avoid large drinks at this time.
- Get the child to empty their bladder at bedtime
- Ensure they have access to the toilet in the night (e.g., use the lower bed of bunk, have a night light/torch within reach, provide a potty if necessary)
- Involve the child in cleaning up after wetting so they can share the responsibility (but not as a punishment)
- Use a waterproof cover on the mattress and a duvet cover as they don't absorb much fluid.
- Emulsifying ointment or zinc in castor oil can be applied to the bottom area to reduce chaffing of the skin from the urine.
- Having boys wear undies can reduce the laundry as they reduce the spread of the urine.
- If you choose to wake your child for toileting in the night it is best that they are awake and able to actively participate, including walking to the toilet.
- Pull ups can be used if they are not having a negative impact on the child's self esteem and the family is happy to use them. There is no evidence that their use will delay the child becoming dry and night