

BEDWETTING

Bedwetting is when . . .

- a child who was dry at night starts to wet the bed again
- a five or six-year-old child has never stayed dry at night

Bedwetting is common. Some children wet the bed every night while others wet it only once or twice a week.

Children do not wet the bed on purpose. Usually, children who wet the bed have not yet learned to control their bladder while they are asleep.



Bedwetting may happen when the child is cold, tired, sick, upset or stressed. Young children get upset or stressed when. . .

- there is a new baby in the family
- the family moves
- they are away from their parents
- there are family problems
- there is something new
- there is a death in the family



To help prevent bedwetting:

- Make sure your child can get in and out of bed easily.
- Use a nightlight.
- Use a waterproof undersheet or a large towel on the mattress.
- Keep a potty in the room.
- Remind your child to go “pee” before going to bed.
- Before you go to bed, wake your child up to “pee.”



If your child wets the bed:

- Stay calm. It is better to say nothing than to complain.
- Do not punish your child.
- Do not make your child wear diapers.
- Encourage your child to help you change the bed and assist with the laundry.
- Make sure your child washes in the morning to avoid having an unpleasant odour.
- Tell your child that she will grow out of bedwetting and that learning to stay dry will take time. Prepare your child for setbacks while she is learning.
- Praise your child when he wakes up in the morning with a dry bed.

If your child keeps wetting the bed:

Contact your doctor if...

- bedwetting worries your child or prevents her from doing things she wants to do, such as going to a friend's for a sleepover
- your child is five years or older and wets the bed at least two times a week

