

# 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

