



**Bed Wetting (Nocturnal Enuresis)**

If your child wets the bed, he or she is not alone; over 5 million children in the US wet the bed.

**Possible Causes:**

* There is a family history of bedwetting
* Your child is a deep sleeper and does not awaken to the signal of a full bladder
* Your child has not yet learned how to hold and empty urine well
* Your child’s body makes too much urine at night
* Your child is constipated - full bowels can put pressure on the bladder
* Your child has a minor illness or is overly tired
* Your child is responding to changes or stresses going on at home
* Your child’s bladder is small or not developed enough to hold urine for a full night
* Your child has a underlying medical problem

**Questions to ask yourself before calling the doctor (this info will be very helpful to us):**

* Is there a family history of bedwetting?
* How often and when does your child urinate during the day?
* Have there been any changes in your child’s home life?
* Does your child drink carbonated beverages, caffeine, juice or a lot of water before bed?
* Is there anything unusual about how your child urinates or the way the urine looks?

**When to call the doctor:**

* Your child has been dry at night for longer than 6 months and begins to wet the bed
* There are changes in how much and how often your child urinates during the day
* Pain, burning or straining while urinating
* A very small or narrow stream of urine
* Dribbling of urine that is constant or happens just after urination
* Cloudy or pink urine or bloodstains on underpants
* Daytime *and* nighttime wetting
* Sudden changes in personality or mood
* Poor bowel control
* Urinating after stress (coughing, running, or lifting)

Most often, bed wetting is genetic and will improve on its own as your child’s body matures. There are a few tips you can try at home to prevent bed wetting but do not get discouraged if these suggestions do not help. Remember: bed wetting is not your child’s fault. It is important to offer support and not punishment.

**How you can help at home:**

* Protect their mattress with a plastic cover under the sheets
* Have your child use the toilet right before bed
* Have your child avoid drinking large amounts of fluid before bed
* Wake your child up to use the toilet 1-2 hours after going to sleep
* Be aware of your child’s daily urine and bowel habits

There is a prescription medication available for bed wetting, but this is only used in specific situations – please talk to the doctor if your feel that bed wetting is affecting your child emotionally and socially.