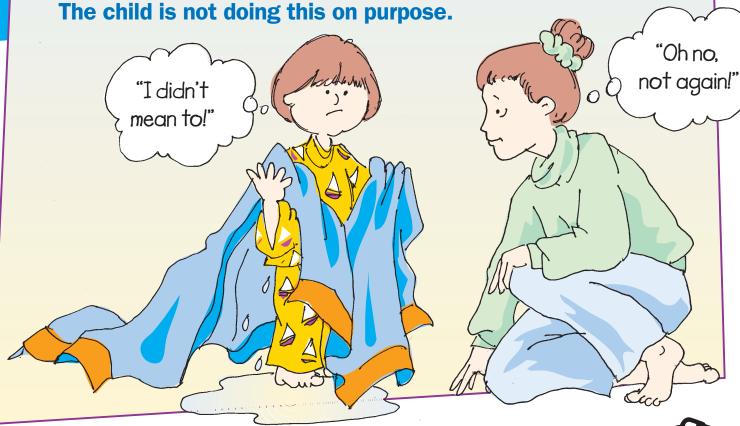
## BED-WETTING

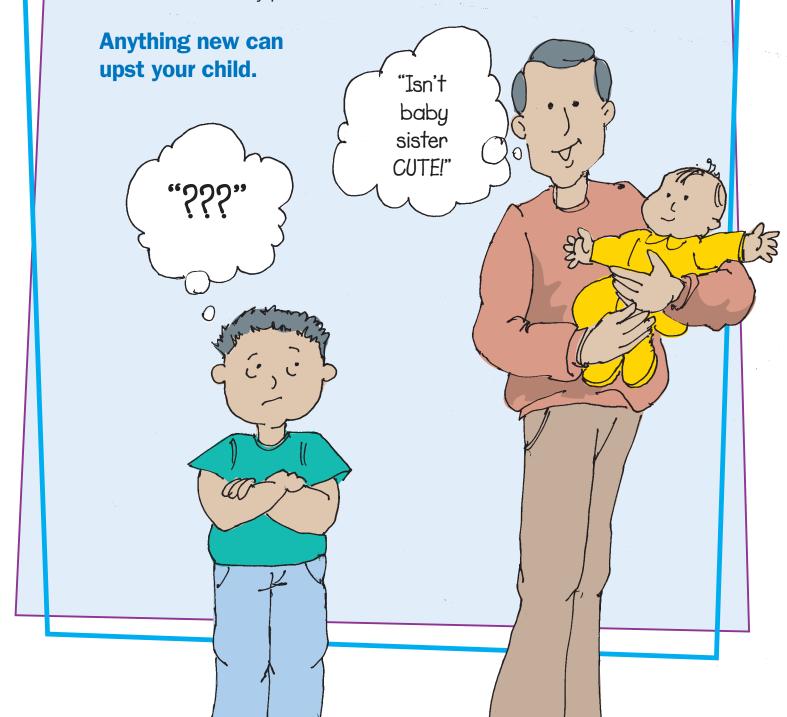
## Bedwetting is when ...

- a child who was dry at night starts to wet the bed again
- a 5 or 6 year old child has never stayed dry at night.





- there is a new baby in the family
- the family moves
- he is away from his parents
- there are family problems



## If your child wets the bed...

- stay calm
- do not blame yourself or your child
- tell your child that he will grow out of this
- keep the mattress from getting wet with a vinyl covering or a large towel
- keep the child warm at night
- make it easy for the child to go to the bathroom at night by putting a night-light or potty in his room
- do not make the child wear diapers this makes it harder for the child to go to the toilet by himself and makes him feel like a "baby" again
- let the child help change the bed and do the laundry



## What to do if your child keeps wetting the bed ...

It is common for a child who is upset to wet the bed for several nights. If the bedwetting continues, have the child checked by a doctor.

If the doctor doesn't find anything wrong, some things that can help are ...

- giving you child only small amounts of milk, juice or water after supper. Do not give tea, cola drinks or cocoa.
- reminding your child to go "pee" before going to bed
- before you go to bed, wake the child up and have him "pee"

 helping your child mark his dry nights on a calendar and telling him he has done well

 helping your child handle changes such as a new baby in the house

 bedwetting alarms. Talk to your doctor or public health nurse about this.

Being patient and giving your child encouragement and love is what is needed most.

